

Congolese Soup

At the Philadelphia event, Mom met a woman from the Congo and of course, they talked FOOD! Here is a recipe she shared with Mom.

- 4 oz chopped yellow onion
- 1 clove minced garlic
- 1 tsp grated, peeled fresh ginger
- 1TBS Organic cold pressed Olive, sesame or peanut oil
- 7 oz chopped carrots
- 1 large or 2 medium garnet yams chopped coarsely*
- 1 Organic small hard squash like Butternut or Kouri or Kabocha chopped in chunks seeds removed *
- 4 cups of any kind of stock, meat, chicken, vegetable OR water
- 2 cups plain tomato sauce (no herbal seasonings)
- 1 cup Organic smooth peanut butter
- 1 handful finely chopped green onions
- 1 handful coarsely chopped roasted peanuts
- Salt and cayenne pepper to taste

Sauté onion, garlic and ginger in oil until wilted. Add yams, carrots, squash, stock, and tomato sauce. Bring to a boil and simmer covered until veggies are tender. Remove from heat and add peanut butter.

Mix thoroughly and add salt and cayenne pepper to taste. Serve immediately with green onions and roasted peanuts for individual toppings. Serves 3-4. ENJOY!

NOTE: If these veggies are organic, you can eat the cooked skins.

