

Indian Spinach and Peanut Soup:

Chef notes:

This soup keeps well, but you may need to thin it with water to adjust texture.

Add 1/8 tsp cayenne pepper for a spicier flavor.

Ingredients:

2 cups dry roasted unsalted peanuts (or 1 ½ cups peanut butter)

¼ cup extra virgin olive oil

6 tsp cumin seed

4 cloves minced garlic

1 jalapeno pepper, seeded minced

1 lb white potatoes, scrubbed, diced

10 oz fresh or frozen spinach

4 cups water or broth

2 tsp salt

2 tsp curry powder

½ cup plain yoghurt

½ cup sour cream

Directions:

Grind peanuts briefly, set aside.

Heat oil on medium high in stockpot. Add cumin and garlic, cook stirring constantly 20 sec. Add jalapeno, stir 20 seconds.

Now add water potatoes, spinach and simmer until potatoes are tender.

Add salt, curry and ground peanut meal. Simmer 15 min.

Place 1 cup hot soup in a bowl, add yogurt and sour cream.

Stir well to combine. Return this mixture to the pot and mix well.