

# Spicy Peanut Soup with Sweet Potato and Kale



## Ingredients

2 Tbsp olive oil	1 14 oz can light coconut milk
1 onion, diced	1 cup water
1 jalapeno pepper with seeds, minced	1 tsp salt
2 cloves garlic, minced	1 tsp curry powder
3 large sweet potatoes, peeled and cubed	1 tsp turmeric
1 14 oz can fire roasted tomatoes	1/2 cup chopped peanuts
	1/4 cup peanut butter

## Instructions

Heat the olive oil in a large soup pot over medium heat. Add the onion, garlic and jalapeno. Sauté until soft and fragrant. Add sweet potatoes, tomatoes, coconut milk, water, spices and peanuts. Simmer until sweet potatoes are fork tender. Add peanut butter and kale. Simmer until everything is thick, creamy and delicious. Top with more peanuts and a little cilantro if desired.

**Slow Cooker:** Cook everything except peanut butter and kale on low for 6 hours. Stir in the peanut butter and kale.

**Instant Pot:** Cook everything except peanut butter and kale on high pressure for about 3 minutes. Stir in the peanut butter and kale after cooking.

## Nutrition Information Per Serving

Makes 5-6 servings (1 1/2 cups per serving).