

Peanut Butter Soup

Recipe by Megan Wilson-Reitz

This silky vegan soup features carrots, sweet potatoes and red lentils simmered slowly *satay*-style in peanut butter and coconut milk with garlic, ginger and super-hot, tiny Thai bird chili peppers. Spicy, sweet, and healthy too!

Ingredients:

- 10 cloves **garlic**, peeled
- 2" square piece of fresh **ginger**, peeled and sliced against the grain
- 4-5 **Thai bird chili peppers** (can substitute 1-2 ordinary red chili peppers), plus extra for garnish (optional)
- ¼ cup **olive oil** (can substitute peanut oil)
- 2 medium **onions**, chopped
- 2 stalks **celery**, chopped
- 4 large **carrots**, peeled and sliced thinly
- 1 large **sweet potato**, peeled and chopped
- 2 cups dry **red lentils** (sold in Indian markets as *masoor dal*)
- 3 Tbsp. **tamari** (can substitute ordinary soy sauce or liquid aminos)
- 1 Tbsp. **chili powder**
- 3 Tbsp. **brown sugar**
- 1 cup natural **peanut butter** (no sugar added)
- 2 cans good-quality **coconut milk**
- ¼ c. **lemon juice**

Directions:

- 1) In a food processor, process ginger, garlic, and red chilis with a small amount of water until they form a paste. Set aside.
- 2) In a large soup pot, heat olive oil over medium heat until a drop of water sizzles in the pan. Add onions and sauté, stirring frequently, until brown spots appear on the onion.
- 3) Add celery and ginger-garlic paste and cook, stirring continuously, about 2 minutes.
- 4) Stir in carrots, sweet potato, and red lentils, and add just enough water to cover. Bring to a boil and then lower to a simmer. Add tamari, chili powder and brown sugar. Cook over low heat, stirring occasionally, until carrots are soft (about 10 minutes).
- 5) Add peanut butter and coconut milk, stirring thoroughly to mix, and cook another 10 minutes over low heat, stirring frequently.
- 6) Puree into a smooth, silky paste with an immersion blender. (If you don't have an immersion blender you can use a regular blender, but be sure to puree VERY CAREFULLY in small batches - hot soup can explode out of a blender really easily.)
- 7) Remove from heat and stir in lemon juice. Add more salt or tamari to taste.
- 8) Serve hot, garnished with extra Thai bird peppers if desired.