

African Soup with Yams, Peanuts and Chickpeas

½ cu water	1 – 15 oz can crushed tomatoes
3 Tbl reduced-sodium soy sauce	4 cu vegetable broth or water
1 onion, sliced	1 – 15 oz can garbanzo beans, undrained
2 small sweet potatoes or yams, peeled and diced (about 2 cu)	½ cu chopped fresh cilantro
1 large carrot, thinly sliced	3 Tbl peanut butter
1 celery stalk, thinly sliced	1-2 tsp curry powder
1 red bell pepper, seeded and diced	4 cu cooked brown rice

Heat water and soy sauce in a large pot. Add onion and sweet potatoes or yams and cook over high heat, stirring often, until onion is soft, about 5 minutes.

Add carrot, celery, and bell pepper. Cover and cook 3 minutes, stirring occasionally.

Add tomatoes, broth or water, beans and their liquid, cilantro, peanut butter, and curry powder. Stir to mix, then cover and simmer until vegetables are tender when pierced with a fork, about 10 minutes.

To serve, place ½ cup of cooked rice in a bowl and top with a generous ladle of soup.

Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

Nutritional Information

Per serving (1 cup soup over

½ cup rice):

Calories: 279

Fat: 5.6 g

Saturated Fat: 1 g

Calories from Fat: 18%

Cholesterol: 0 mg

Protein: 10.5 g

Carbohydrates: 48.9 g

Sugar: 6.2 g

Fiber: 9 g

Sodium: 472 mg

Calcium: 80 mg

Iron: 3.3 mg

Vitamin C: 35.7 mg

Beta-Carotene: 3251 mcg

Vitamin E: 1.8 mg