

GINGER PEANUT SOUP

Did you know that peanuts are not really nuts but are actually a type of bean? Peanuts are sprayed with an array of pesticides and herbicides, so try and use organic peanut butter in this recipe. It will taste better.

1½ cups broccoli, chopped
1½ cups cauliflower, chopped
1 medium onion, chopped
1 tbsp fresh ginger, grated
3 cloves garlic, chopped
¼ tsp cayenne pepper

½ tsp salt
½ tsp pepper
2 tbsp olive oil
3 cups vegetable stock *or* water
1 28-oz can diced tomatoes
5 tbsp of natural peanut butter (*or* nut butter)

In a large soup pot, sauté the broccoli, cauliflower, onions, ginger, garlic, cayenne, salt, and pepper in oil on medium heat until vegetables are tender. Add the stock, tomatoes, and nut butter. Reduce heat and simmer for 20 minutes, stirring occasionally. Makes 4-6 servings.