

## 2019 Souper Bowl Recipes

### West African Peanut Soup

(from Ann Argall)

Maafe, or West African Peanut Soup, is traditionally made with beef, sweet potatoes and carrots. We put a twist on it to make this vegan, hearty, and 100% full of flavor. Don't be scared off by the peanut butter in this soup - its creaminess blends perfectly with the spices to create a dish that will truly warm you up. While this soup is filling on its own, feel free to round it out by serving it with brown rice or a hearty whole grain bread.

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- 1 Tbsp. vegetable oil
  - 1-inch fresh ginger, peeled and grated
  - 4 cloves garlic, minced
  - 1 medium onion, chopped
  - 1 lb. sweet potatoes, peeled and cut into ½-inch cubes
  - 1 tsp. cumin
  - ¼ tsp. red pepper flakes
  - 1 (6 oz.) can tomato paste
  - ½ cup unsalted creamy peanut butter
  - 6 cups low sodium vegetable broth, divided
  - 1 bunch kale, ribs removed and leaves cut into 1-inch strips
  - Optional toppings: sriracha, peanuts, cilantro
1. Heat oil in a medium pot over medium heat. Add ginger and garlic and saute until garlic is soft and fragrant, 1-2 minutes.
  2. Add onions and cook for an additional 2-3 minutes. Add sweet potatoes and cook until onions are soft and translucent. Season with cumin and red pepper flakes.
  3. In a medium bowl, whisk together tomato paste and peanut butter. Slowly add in 1 cup of vegetable broth and whisk until well combined. Pour peanut mixture into pot and mix well. Add remaining broth and stir to combine.
  4. Cover the pot and bring stew to a boil over high heat. Remove the lid, reduce heat to low and let simmer for 15 minutes, or until sweet potatoes are tender. Stir in kale and cook until wilted.
  5. Serve hot and garnish with sriracha, peanuts and cilantro, if desired.

**NUTRITION:** Calories 280, Total Fat 13g (Saturated 2.5g, Trans 0g), Cholesterol 0mg, Sodium 400mg, Total Carbohydrate 32g (Dietary Fiber 5g, Sugars 13g, Includes 0g Added Sugars), Protein 10g, Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 15% \*Nutritional values are an approximation.

## **Chicken & Wild Rice Soup**

(From Brooke Bruette via All Recipes)

- 1/2 cup butter
  - 1 finely chopped onion
  - 1/2 cup chopped celery
  - 1/2 cup sliced carrots
  - 1/2 pound fresh sliced mushrooms
  - 3/4 cup all-purpose flour
  - 6 cups chicken broth
  - 2 cups cooked wild rice
  - 1 pound boneless skinless chicken breasts, cooked and cubed (\*I use a whole rotisserie chicken)
  - 1/2 teaspoon salt
  - 1/2 teaspoon curry powder
  - 1/2 teaspoon mustard powder
  - 1/2 teaspoon dried parsley
  - 1/2 teaspoon ground black pepper
  - 1 cup slivered almonds (\*I usually skip these)
  - 3 tablespoons dry sherry
  - 2 cups half-and-half
1. Melt butter in a large saucepan over medium heat. Stir in the onion, celery and carrots and saute for 5 minutes. Add the mushrooms and saute for 2 more minutes. Then add the flour and stir well. Gradually pour in the chicken broth, stirring constantly, until all has been added. Bring just to a boil, reduce heat to low and let simmer.
  2. Next, add the rice, chicken, salt, curry powder, mustard powder, parsley, ground black pepper, almonds and sherry. Allow to heat through, then pour in the half-and-half. Let simmer for 1 to 2 hours. (Note: Do not boil or your roux will break.)

## **One Pot Chili Mac and Cheese**

(from Jenn Christianson)

- 1 tablespoon olive oil
  - 2 cloves garlic, minced
  - 1 onion, diced
  - 8 ounces ground beef
  - 4 cups chicken broth
  - 1 (14.5-ounce) can diced tomatoes
  - 3/4 cup canned white kidney beans, drained and rinsed
  - 3/4 cup canned kidney beans, drained and rinsed
  - 2 teaspoons chili powder
  - 1 1/2 teaspoon cumin
  - Kosher salt and freshly ground black pepper, to taste
  - 10 ounces elbows pasta
  - 3/4 cup shredded cheddar cheese
  - 2 tablespoons chopped fresh parsley leaves
1. Heat olive oil in a large skillet or Dutch oven over medium high heat. Add garlic, onion and ground beef, and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
  2. Stir in chicken broth, tomatoes, beans, chili powder and cumin; season with salt and pepper, to taste. Bring to a simmer and stir in pasta. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-15 minutes.
  3. Remove from heat. Top with cheese and cover until melted, about 2 minutes.
  4. Serve immediately, garnished with parsley, if desired.

## **Cheeseburger Paradise Soup**

(from Kathleen Ford)

6 medium potatoes, peeled and cubed  
1 small carrot, grated  
1 small onion, chopped  
1/2 cup chopped green pepper  
2 Tablespoon chopped seeded jalapeno pepper  
3 cups water  
2 Tablespoons, plus 2 teaspoons beef bouillon granules  
2 garlic cloves, minced  
1/8 teaspoon pepper  
2 pounds ground beef  
1/2 pound sliced fresh mushrooms  
2 Tablespoons butter  
5 cups 2% milk, divided  
6 Tablespoons all-purpose flour  
1 package (16 ounces) process cheese (Velveeta), cubed  
Crumbled cooked bacon

1. In a Dutch oven, combine the first nine ingredients; bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender.
2. Meanwhile, in a large skillet, cook beef and mushrooms in butter over medium heat until meat is no longer pink; drain. Add to soup. Stir in 4 cups milk; heat through.
3. In a small bowl, combine flour and remaining milk until smooth; gradually stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in cheese until melted. Garnish with bacon.

Makes 14 servings (about 3 1/2 quarts).