

West African Peanut Soup

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 cup cooked, skinless, **chicken breast**, diced
- 2/3 cup **onion**, diced
- 1 1/2 teaspoons **garlic**, minced
- 1 tablespoon toasted **sesame oil**
- 1 1/2 teaspoons **curry powder**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**
- 1/2 teaspoon crushed **red pepper flakes**
- 3 cups reduced sodium, fat free **chicken broth**
- 1 6-ounce can **tomato paste**
- 1 (14 1/2-ounce) can stewed **tomatoes**
- 1/2 cup reduced-fat **peanut butter**

Directions:

1. In a large pot, sauté onion in sesame oil until translucent; add garlic and chicken and stir to heat through.
2. Add seasonings and sauté 1 minute longer.
3. Add broth, paste, tomatoes, and peanut butter. Stir until well combined.
4. Heat over medium heat until hot but not boiling.
5. Serve immediately.
6. Refrigerate leftovers within 2-3 hours.

Bright Ideas: For more peanut flavor, add chopped peanuts.

Nutrition Facts	
Serving Size 1 cup (315g)	
Servings Per Container 6	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 940mg	39%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 24g	
Vitamin A 10%	• Vitamin C 25%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

6 servings, 1 cup each

Source: Adapted from the Oregonian by Janice Smiley, Multnomah County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>.