



Creamy Peanut Soup

Serves 4 to 6, depending on the rest of the menu

Creamy and savory, this delicious soup was popular during the colonial period and supposedly a favorite of George Washington's.

It's easy to make and great for Thanksgiving, especially if it's cold outside. Hand your guests a mug of hot soup when they arrive. It's delicious to sip and you don't need a spoon. This recipe is also easy to double or triple for a large crowd.

Adapted from The Frugal Gourmet Cooks American by Jeff Smith

Ingredients	Directions
<p>1 qt (4 C) vegetable broth 2 medium carrots, diced 1 medium yellow onion, diced 12 oz peanut butter, unsweetened 1 cup parve, unsweetened soymilk About ¼ teaspoon cayenne pepper or slightly less to taste 1 teaspoon kosher salt freshly ground pepper to taste</p> <p>½ cup dry roasted peanuts, roughly chopped for garnish</p>	<ol style="list-style-type: none"> 1. In a stock pot, place stock, carrots & onion; bring to a boil, lower to simmer. Cover & cook until veggies are very soft, about 20 minutes. 2. Puree stock and veggie mixture. With an immersion blender, you can work right in the pot while the stock is still hot. But, with a food processor, let the stock cool before transferring to the processor bowl. 3. Return puree to the pot. Incorporate peanut butter and soy. Use an immersion blender or a whisk. 4. Taste soup; add cayenne, salt and pepper to taste. 5. To serve, ladle into bowls or mugs and top with chopped peanuts.

