Spicy Curried Peanut Soup

Thick, creamy soup with the warm spices of curry and cumin, and the richness of peanut butter. Irresistibly smooth and rich - warm your soul food!

YIELD: 4-6 servings

PREP TIME: 5 minutes

COOK TIME: 30 minutes

TOTAL TIME: 35 minutes

- 2 tablespoons peanut oil
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 1/2-3/4 teaspoon sea salt, divided
- 3 carrots, peeled and chopped
- 1 (13.5-ounce) can light coconut milk
- 1 cup vegetable broth
- 1 cup strained tomatoes (no salt added)
- 1/2 cup natural peanut butter
- 1 tablespoon curry powder
- 1/2 teaspoon ground cumin
- 1/4-1/2 teaspoon red pepper flakes (to taste)
- 2 tablespoons brown sugar, packed
- 2 tablespoons water mixed with 2 tablespoons flour*
- Chopped peanuts, for topping

1. Heat the oil in a large pot over medium heat. Add the garlic and cook for 30 seconds, and then add the onion and 1/4 teaspoon salt. Cook for 3-4 minutes, until softened.
2. Stir in the carrots and cook until softened, about 5 minutes.
3. Pour in the remaining ingredients, bring to a boil, reduce heat to low, cover, and simmer for 20 minutes, stirring occasionally.
4. After 20 minutes, use an immersion blender to puree until smooth. If you don't have an immersion blender, let cool slightly, and transfer to a blender/food processor to smooth out.
5. Top with chopped peanuts.

I used white spelt flour, but unbleached all purpose flour would work as well. I assume gluten free flour would work, but I have not tried it.