

Peanut Soup

The stock:

- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 1 medium carrot, chopped
- 1 T. finely chopped gingerroot
- 7 c. water

The soup ingredients:

- 1 medium yellow onion, chopped
- 3 stalks celery, chopped
- 1 medium carrot, chopped
- 1 c. sliced mushrooms
- 2 cloves garlic, finely chopped
- 1 c. chopped cabbage
- 2 c. bean sprouts, coarsely chopped
- 5 T. organic peanut butter
- 4 t. soy sauce
- 1/2 t. ground cumin seeds
- 1 1/2 t. ground coriander
- 3/4 t. salt
- 1/2 t. cayenne pepper
- 1 1/2 T. rice vinegar
- 3 T. arrowroot dissolved in 1/4 c. cold water

Combine stock ingredients and cook 40 minutes. Remove vegetables by straining through first a colander and then a fine sieve. Cook in the stock liquid the onion, celery, carrot, mushrooms and garlic until the vegetables are tender. Add the cabbage and bean sprouts. When they are tender, dissolve the peanut butter into a little soup broth in a small cup and add it and all remaining ingredients except the arrowroot. Bring the soup to a boil and stir in the dissolved arrowroot. Serves 6-8.