

EXTRA VEGAN ZA
SPICY PEANUT LIME CILANTRO SOUP

*2 Tbsp olive oil
4 cloves garlic, thinly sliced
2 Tbsp fresh ginger, grated
1 tsp chili flakes
1 leek, diced
1 medium yam, peeled, diced
2 carrots, thinly sliced
1 celery stick, thinly sliced
1 tsp coarse sea salt
1 Tbsp tamari or soy sauce
2/3 cup crunchy peanut butter
4-5 cups of water
1 cup green peas, fresh or frozen
juice of 1 lime
1/4 cup cilantro, finely chopped*

In a large saucepan, fry the garlic, ginger, chili flakes, yam, carrot, and celery in the oil on medium for 5-10 minutes, stirring occasionally to keep the vegetables from sticking to the pan. Add the salt, tamari, peanut butter, and water. Stir the soup thoroughly until the peanut butter had dissolved in the liquid. Stir in the peas. Bring to a gentle boil. Turn the soup down to a simmer and cover for 15-20 mins. Stir occasionally to make sure the soup does not stick to the pot. Remove from heat and stir in the cilantro and lime juice.