

Purple Cabbage and Sweet Potato Soup with Peanut Butter

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-red-cabbage-soup-recipe>

Ingredients:

- 1 tablespoon light olive oil organic canola or peanut oil
- 1 1/2 teaspoons mild curry paste or hot, or cumin, to taste
- 1 red onion medium, peeled, diced
- 4 cloves garlic minced
- 1 sweet potato large, or yam, peeled, diced
- 1/2 head purple cabbage shredded
- 1 yellow bell pepper large, cored, seeded, diced
- 1 cubanelle pepper or large Anaheim, seeded, diced
- 14 ounces pinto beans or white, rinsed, drained
- 2 cups vegetable broth
- 1/3 cup natural peanut butter or sunflower seed butter melted in a half cup of boiled water or broth
- 14 ounces light coconut milk
- 2 tablespoons balsamic vinegar golden
- 1/2 teaspoon crushed red pepper flakes for heat, to taste
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon agave nectar raw organic, or organic light brown sugar, if it needs it
- black pepper
- sea salt
- chopped fresh cilantro
- peanuts
- lime slices Fresh

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 44 grams
3. Fat: 42 grams

4. Fiber: 11 grams
 5. Protein: 14 grams
 6. SaturatedFat: 24 grams
 7. Sodium: 790 milligrams
 8. Sugar: 15 grams
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