



## SPICY AFRICAN PEANUT SLOW-COOKER SOUP

14 ounce can chickpeas, drained and rinsed  
1 large sweet potato, peeled and cubed (1 cup)  
½ to ¾ teaspoon garam masala  
1 ½ teaspoon curry powder  
1 teaspoon cumin  
1 tablespoon minced ginger  
1-2 cloves garlic, minced  
Dash of cinnamon  
14 ounce can organic fire-roasted tomatoes, in juice (I used home canned)  
14 ounce can of light coconut milk  
2 cups vegetable stock (I used chicken)  
2 tablespoons natural peanut butter  
½ cup red lentils, drained and rinsed

Combine all ingredients in a slow-cooker and cook on high for about ½ hour, then on low for 3-4 hours—or simmer for about 30 minutes on top of the stove. Makes 4 large bowls. Garnish with chopped cilantro, chopped peanuts, sour cream or yogurt.