SPICY PEANUT SOUP SPICY PEANUT SOUP FREEZE TOGETHER FREEZE TOGETHER • 3 cups chopped sweet potatoes, fresh or frozen • 3 cups chopped sweet potatoes, fresh or frozen • 2 jalapeños, minced • 2 jalapeños, minced • half of an **onion**, chopped • half of an **onion**, chopped • 4 cloves garlic, minced • 4 cloves garlic, minced • 1 teaspoon curry powder • 1 teaspoon curry powder • 1 teaspoon **turmeric** • 1 teaspoon **turmeric** • 1 teaspoon salt • 1 teaspoon salt • one 14-ounce can fire roasted tomatoes one 14-ounce can fire roasted tomatoes • one 14-ounce can **coconut milk** one 14-ounce can coconut milk **INSTANT POT SLOW COOKER INSTANT POT SLOW COOKER** High Pressure 8 mins High Setting 6 hrs High Pressure 8 mins High Setting 6 hrs 10-minute natural release 10-minute natural release

Stir in ¼ cup peanut butter, ½ cup chopped peanuts, and 1-2 cups chopped kale. Add water to thin to desired consistency.

FINAL STEP

SPICY PEANUT SOUP

FREEZE TOGETHER

- 3 cups chopped sweet potatoes, fresh or frozen
- 2 jalapeños, minced
- half of an **onion**, chopped
- 4 cloves garlic, minced
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon salt
- one 14-ounce can fire roasted tomatoes
- one 14-ounce can **coconut milk**

INSTANT POT

SLOW COOKER

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