**Sweet Potato Peanut Soup (Vegan + GF)**

This Sweet Potato Peanut Soup is warming and comforting, spicy and flavourful and super nourishing!

**Ingredients**

* 1 tablespoon [coconut oil](https://www.amazon.com/gp/product/B005GUU680/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B005GUU680&linkCode=as2&tag=rhiansrecip00-20&linkId=0782081ca611e50060f68acba1ff614d) (or vegetable or rapeseed oil)
* 1 onion, sliced
* 1 cm (1/2 inch) ginger, roughly chopped
* 2 garlic cloves, roughly chopped
* 1 teaspoon sweet paprika
* 1 teaspoon ground cumin
* Pinch cayenne chilli pepper, to taste
* 2 medium-sized sweet potatoes, peeled and diced
* 400 g (14oz) tin of white beans, drained and rinsed (cannellini, haricot or butter beans)
* 1 [vegetable stock cube](https://www.amazon.com/gp/product/B01G3GLSD2/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01G3GLSD2&linkCode=as2&tag=rhiansrecip00-20&linkId=34266c869957d506fa8946a74e5958d8) (ensure gluten-free if necessary)
* Handful of fresh coriander (cilantro), roughly chopped
* Salt + pepper, to taste
* 200 ml (4/5 cup) tinned tomatoes
* 1 heaped tablespoon [smooth peanut butter](https://www.amazon.com/gp/product/B004TGAKC4/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B004TGAKC4&linkCode=as2&tag=rhiansrecip00-20&linkId=950e8496c32111cfdb549e263eb8e967)

**To serve (optional):**

* Roasted peanuts, roughly chopped
* Fresh coriander (cilantro), roughly chopped

**Instructions**

* Heat up the oil in a large saucepan and add the onion, ginger and garlic once hot
* Fry for around 10 minutes until softened
* Add paprika, cumin, chilli and fry for a minute until fragrant
* Add the sweet potatoes, white beans, stock cube, coriander and salt + pepper, with enough water to roughly cover
* Bring to the boil and simmer on a low heat for around 10 minutes, until the sweet potato has softened
* Add the tinned tomatoes and peanut butter and cook for a further 15 minutes
* Transfer the mixture to a food processor or blender (or use a hand-held stick blender) to whizz until completely smooth - add more water to thin out if necessary
* Taste and add more salt if necessary

**To serve:**

* Serve into bowls and scatter over roasted peanuts and coriander, if desired
* Leftovers keep covered in the fridge for up to a few days and also freeze well