

Seth's Ground Nut Soup

(Seth is the Principal of Peki Seminary in Ghana)

Note: This recipe is an inexact science. Seth measured nothing before he put it in the pot, it was all to his taste. Seth said that you can use any meat you want.

- 1 whole chicken with bone—cut up
- 1 tomato chopped
- ½ can tomato paste
- 1 Anaheim pepper—chopped
- 3 Serrano peppers—chopped
- 1 jalapeno—chopped
- Ground ginger root—about the size of Seth's thumb—approximately 1-2 Tablespoons
- 1/3 c. shallots
- 1 garlic clove
- 2 extra large Knorr's chicken bullion cubes
- Cayenne pepper to taste
- 1 tsp. salt (or to taste)
- 4 heaping Tablespoons peanut butter
- ½ package frozen cut okra
- 3 small onions chopped



Heat a stock pot to medium heat, put in chicken with chopped tomato, ginger root, jalapeno pepper, Serrano peppers, garlic, onion (save back ¼ c. onion) and sear (no oil).

Save Anaheim pepper, shallots & okra for later in process so they don't overcook.

Sear the chicken on all sides for several minutes and then add water to cover the chicken, add tomato paste and bullion cubes. Once water boils, boil for ½ hour and then add 4 heaping Tablespoons of peanut butter. Continue simmering 15-20 minutes. While simmering: add salt, cayenne pepper to taste, okra, Anaheim pepper and shallots. Makes a little over a gallon of soup.

Serve with sticky rice.

To make rice, use the final ¼ c. of onion and simmer in 2 teasps. oil until transparent. Add salt to rice and cook according to directions on rice package.

