

Senegalese Sweet Potato Soup with Chicken

Food Network

Originally from Emeril Lagasse, but adapted



Servings: 10

NOTE: the butternut squash is used as a garnish, not to be pureed into the soup.

1. Preheat oven to 400°F.
2. In a large bowl place the sweet potatoes that have been cut into large chunks. Use a small part of the oil to coat the pieces and pour out onto a parchment-lined baking sheet. Do the same with the butternut squash on a separate baking sheet.

3. Roast the sweet potatoes and butternut squash for about 45-50 minutes until they're just fork tender. Remove and set aside to cool. Remove skins from the sweet potatoes and discard.

4. In a large pot, use the remaining oil and heat it until it begins to shimmer. Add the curry powder and gently saute it for 30-45 seconds while the oil bubbles. Do not burn. Add the chopped onion and stir frequently as the onion softens, 3-4 minutes. Add garlic, cayenne, then the chicken broth. As it heats to a simmer, add the peanut butter and stir well, breaking up the pieces. Add the coconut milk, canned tomatoes and the reserved sweet potatoes and bring soup to a full simmer, reduce heat, cover and cook for about 10 minutes. Add salt and white pepper to taste. Puree soup in a blender until smooth, or use an immersion blender in the soup pot.

5. CHICKEN: Cut the chicken breasts into bite-sized pieces. Coat with peanut oil, salt and pepper and bake them for about 10 minutes at 350°F. You can use the same baking sheet you used for the sweet potatoes. Do not overcook - you want them to be just barely cooked through. Remove and cool. Add to the soup, or keep them separate and add a portioned amount to each bowl.

6. BUTTERNUT SQUASH: Even though you've cooked the butternut squash, it's nice to have the small pieces caramelize. Just before serving, chop the squash into small bite-sized pieces and place on the same parchment-lined baking sheet and broil them until the edges have begun to brown.

7. TOPPINGS: Prepare the minced cilantro and peanuts. When serving, scoop about 1 1/2 cups of soup into a wide bowl, add the caramelized butternut squash pieces, chicken (if you didn't add it into the soup before), chopped peanuts and cilantro. Use a soup spoon and drizzle a tablespoon of cream or coconut milk around each serving.

- 1 1/4 pounds sweet potatoes, yellow or orange
 - 12 ounces butternut squash (approximate) seeded, peeled, cut into 1" pieces
 - 1/4 cup peanut oil, divided uses
 - 3 tablespoons curry powder
 - 1 1/2 cups chopped onion
 - 2 large garlic cloves, minced
 - 1/4 teaspoon cayenne pepper (use more if you'd like)
 - 1 1/2 quarts low sodium chicken broth
 - 28 ounces canned tomatoes, San Marzano type
 - 3/4 cup peanut butter, smooth type
 - 20 ounces coconut milk, use full fat
 - 2 teaspoons salt, or more to taste
 - 3/4 teaspoon white pepper, or more to taste
 - 2 1/2 pounds boneless skinless chicken breasts
- GARNISH:**
- 4 tablespoons fresh cilantro, minced
 - 1/2 cup chopped peanuts
 - 10 tablespoons heavy cream, or coconut milk

Per Serving (excluding unknown items): 628 Calories; 40g Fat (55.0% calories from fat); 43g Protein; 30g Carbohydrate; 7g Dietary Fiber; 86mg Cholesterol; 1043mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 7 Fat.

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