

clover food lab

A favorite soup from our food truck era



Lucia here. Welcome to the first installment of Veggie Monster: the weekly edition! Thanks to all who filled out [this survey](#)! If you haven't yet, please take a second to give us your feedback - it'll help us a ton.

Judging by first few hundred responses, it seemed most of you wanted your weekly Veggie Monster emails to arrive on **Fridays**, so we're going to try to stick to that for the time being.

And yes: we will be sharing the recipe for those ground beef lentils soon.

But today's email is about soup, because how could it not be, considering what's going on outside. Rolando taught me how to make this African Peanut Soup on board the food truck in 2011, while snow fell around us. It's based on a [West African](#) groundnut stew, allows us to buy lots of sweet potatoes from Ray at Next Barn Over, and is probably the most popular soup we've ever made, tied with Roman Tomato. *Note to self: ask Chris to put it back on the menu soon.*

This recipe serves 4 people. Double it and you'll have some to take to a friend (except please don't go outside tomorrow unless absolutely necessary).

Recipe note: Urfa peppers are deliciously smoky Middle Eastern peppers and can be purchased at [Christina's Spices](#) in Inman or [online](#). If you don't have any, you can substitute smoked paprika, but we HIGHLY recommend adding Urfa peppers to your spice cabinet in the future. They will make anything better (eggs, avocado toast, roasted veggies).

Stay warm and safe tomorrow!

A recipe card for African Peanut Soup. The title 'AFRICAN PEANUT SOUP' is written in large, bold, black capital letters at the top. Below the title, it says 'Serves 4 people (or 2 very hungry ones)'. The ingredients list includes: + 1 teaspoon safflower oil, + 1 yellow onion, peeled, diced into 1-inch pieces, + 1 carrot, roughly chopped into 1-inch pieces, + 1 rib celery, roughly chopped into 1-inch pieces, + 1 potato, peeled, roughly chopped into 1-inch pieces, + 1-2 sweet potatoes, peeled and roughly chopped into 1-inch pieces, + 1 clove garlic, minced, + Sprig of cilantro, + 1 bay leaf, + 1/4 tablespoon Aleppo pepper, + 1/8 teaspoon ground cumin, + Pinch of ginger, + 2/3 tablespoon Kosher salt, + 1 tsp brown sugar, + 1/8 cup peanut butter (chunky or smooth), + 2 2/3 cup stock (we like making homemade stock), + 1/4 tsp red wine vinegar, + Olive oil for garnish, + Black Urfa chiles for garnish. The instructions are numbered 1 through 8, detailing the cooking process from heating the oil and onions to serving the soup with garnishes. The background of the card is a light, textured surface with a faint orange and white pattern.



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