

## African Peanut Soup with Turmeric Roasted Vegetables

**2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 25**

Farmhouse Kitchen African Peanut Soup, thawed  
Farmhouse Kitchen Turmeric Spice  
Farmhouse Kitchen Cilantro-Apple Vinaigrette, stirred well before use  
Fruitful Hill Farms Cowpea Greens, washed and dried well  
Martinez Farms Okra, washed, stem end trimmed  
Johnson's Backyard Garden Baby Bok Choy, washed and dried well  
Olive or vegetable oil  
Salt and Pepper

Preheat oven to 400°F degrees and adjust the oven rack to the middle position.

**STEP 1** While oven is preheating, prepare vegetables. Trim ends from bok choy. Slice okra in half lengthwise. Pick whole cowpea green leaves and chop tender stems into bite size pieces. Discard larger, tough stems. Set cowpea greens aside. Add bok choy and okra to large baking sheet. Drizzle with 1 tbsp. oil and sprinkle with turmeric spice. Toss to combine and spread out in even layer. Roast for 8 minutes, flip vegetables, and cook for another 7 minutes or until vegetables are tender with browned edges.

**STEP 2** As the vegetables roast, heat soup in a medium-size saucepan over medium-low heat. Bring to a simmer, stirring occasionally, until steaming and hot, about 10 minutes. Season with salt and pepper to taste. Reduce heat to low and cover to keep warm until ready to serve.

**STEP 3** Immediately after removing okra and bok choy from the oven, add the cowpea greens to baking sheet and combine until just wilted. Drizzle with cilantro-apple vinaigrette. Season with salt and pepper to taste.

**STEP 4** To serve, stir African peanut soup well and ladle into bowls. Serve turmeric roasted vegetables on the side or as a topping on the soup.

Enjoy!

## African Peanut Soup with Turmeric Roasted Vegetables

**4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 25**

Farmhouse Kitchen African Peanut Soup, thawed

Farmhouse Kitchen Turmeric Spice

Farmhouse Kitchen Cilantro-Apple Vinaigrette, stirred well before use

Fruitful Hill Farms Cowpea Greens, washed and dried well

Martinez Farms Okra, washed, stem end trimmed

Johnson's Backyard Garden Baby Bok Choy, washed and dried well

Olive or vegetable oil

Salt and Pepper

Preheat oven to 400°F degrees and adjust the oven rack to the middle position.

**STEP 1** While oven is preheating, prepare vegetables. Trim ends from bok choy. Slice okra in half lengthwise. Pick whole cowpea green leaves and chop tender stems into bite size pieces. Discard larger, tough stems. Set cowpea greens aside. Add bok choy and okra to large baking sheet. Drizzle with 2 tbsp. oil and sprinkle with turmeric spice. Toss to combine and spread out in even layer. Roast for 8 minutes, flip vegetables, and cook for another 7 minutes or until vegetables are tender with browned edges. (Note: You may need to cook vegetables in multiple batches)

**STEP 2** As the vegetables roast, heat soup in a medium-size saucepan over medium-low heat. Bring to a simmer, stirring occasionally, until steaming and hot, about 10 minutes. Season with salt and pepper to taste. Reduce heat to low and cover to keep warm until ready to serve.

**STEP 3** Immediately after removing okra and bok choy from the oven, add the cowpea greens to baking sheet and combine until just wilted. Drizzle with cilantro-apple vinaigrette. Season with salt and pepper to taste.

**STEP 4** To serve, stir African peanut soup well and ladle into bowls. Serve turmeric roasted vegetables on the side or as a topping on the soup.

Enjoy!

## **STORAGE TIPS    INGREDIENTS BEST USED WITHIN 5 DAYS**

African Peanut Soup - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: AustiNuts peanuts, onion, ginger, Fruitful Hill Farm rose garlic, Fruitful Hill Farm sweet potato, tomato conserva, coconut milk, vegetable stock)

Turmeric Spice - Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: turmeric, cumin, cinnamon, fennel seed, coriander seed, salt and pepper)

Cilantro-Apple Vinaigrette - Store in the refrigerator. Use within 5 days. (Ingredients: Sweet Ruthie's River Ranch apples, onion, white balsamic vinegar, pickled onion vinegar, cilantro, oil)

Cowpea Greens - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Okra - Store in the crisper drawer of refrigerator. Use within 5 days.

Bok Choy - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

**\*Contains nuts.**

**\*\*Not made with gluten, dairy, egg, fish or shellfish containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**