

## Warm Up with Gullah Peanut Soup: A Southern Comfort Food

raw peanuts (or 1 cup peanut butter for a quicker version)



**TIME**  
**5-7 min**

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### INGREDIENTS

1 cup raw peanuts (or 1 cup peanut butter for a quicker version)  
1 medium onion, chopped  
2 cloves garlic, minced  
1 medium carrot, diced  
1 medium potato, peeled and diced  
4 cups vegetable or chicken broth  
1 cup coconut milk (optional for extra creaminess)  
2 tablespoons olive oil or butter  
Salt and pepper to taste  
Chopped green onions or parsley for garnish (optional)

### DIRECTIONS

- 1.** Prepare the : Peanuts: If using raw peanuts, soak them in water for at least 4 hours or overnight. Drain and rinse before using. If using peanut butter, you can skip this step.
- 2.** SautØ the Vegetables: In a large pot, heat the olive oil or butter over medium heat. Add the chopped onion, garlic, carrot, and potato. SautØ for about 5-7 minutes, or until the vegetables are softened.
- 3.** Add the : Peanuts: If using soaked raw peanuts, add them to the pot along with the vegetable or chicken broth. Bring to a boil, then reduce the heat and let it simmer for about 30-40 minutes, or until the peanuts are tender. If using peanut butter, add it later in the process.
- 4.** Blend the : Soup: Once the peanuts and vegetables are tender, use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, carefully transfer the soup in batches to a regular blender.
- 5.** Add : Coconut Milk: If desired, stir in the coconut milk for added creaminess and flavor. Season with salt and pepper to taste. Heat through for a few more minutes.
- 6.** Serve: Ladle the soup into bowls and garnish with chopped green onions or parsley if desired. Enjoy your warm and creamy Peanut Soup!

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Original recipe: <https://chefmaniac.com/warm-up-with-gullah-peanut-soup-a-southern-comfort-food/>