

# Peppery Peanut Soup

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 4

2 teaspoons unsalted butter  
1/2 cup celery, finely chopped  
1 clove garlic, finely chopped  
1 tablespoon flour  
4 cups unsalted chicken stock  
1/4 cup light cream  
2 tablespoons peanut butter  
1/4 teaspoon salt  
1/8 to 1/4 teaspoon crushed hot red  
pepper flakes OR cayenne pepper  
2 scallions, trimmed and sliced  
diagonally into very thin ovals

## Preparation Time: 10 minutes

Melt the butter in a large, heavy-bottomed pot over medium-low heat. Add the celery and garlic and cook them for 2 minutes. Stir in the flour and cook the mixture for 1 minute, stirring constantly. Whisk in the stock, peanut butter, salt and pepper. Simmer the mixture for 15 minutes. Stir in the scallions and the cream and let the soup heat through before serving.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 107 Calories; 9g Fat (71.9% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 192mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	107
% Calories from Fat:	71.9%
% Calories from Carbohydrates:	17.6%
% Calories from Protein:	10.5%
Total Fat (g):	9g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	15mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	16mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 3g  
**Sodium (mg):** 192mg  
**Potassium (mg):** 142mg  
**Calcium (mg):** 32mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 229IU  
**Vitamin A (r.e.):** 50RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 107 Calories from Fat: 77

### % Daily Values\*

<b>Total Fat</b>	9g	14%
Saturated Fat	4g	19%
<b>Cholesterol</b>	15mg	5%
<b>Sodium</b>	192mg	8%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	3g	

<b>Vitamin A</b>	5%
<b>Vitamin C</b>	5%
<b>Calcium</b>	3%
<b>Iron</b>	2%

\* Percent Daily Values are based on a 2000 calorie diet.