



# Harvest supper 'granat' (peanut) and vegetable soup

**This recipe for a hearty and healthy dish is perfect for those cooler autumn evenings.**

## Ingredients

- 1 sweet potato, peeled and diced
- 1 medium white/yellow onion, diced
- 1 small red chilli pepper, minced
- 1tbsp fresh rosemary, chopped
- 2-3cm of fresh ginger, minced
- 3tbsp tomato paste
- 1 red & 1 yellow bell pepper, chopped
- 6 small vine tomatoes, chopped
- 3/4 cup unsweetened peanut butter
- 1 litre of beef or vegetable stock
- Salt to taste

**Optional extras:** stewed goat meat, dried river fish, shredded chicken, tofu and more chilli!

**Note:** This soup is NOT suitable for people with peanut allergies. The traditional recipe from Sierra Leone uses red palm oil as the cooking oil but if you can't find it, substitute with vegetable oil or ghee. We reduced the amount of chilli normally used.

**Cooking time: 30 minutes**

**Portions: 4-5**

- 1.** Boil the sweet potato in a saucepan until soft and tender.
- 2.** Warm a splash of cooking oil in a pan over a medium heat and sauté the onions with the ginger, rosemary and chilli until soft and aromatic.
- 3.** Add the tomato paste, chopped tomatoes and peppers. Mix well.
- 4.** Add the sweet potatoes and vegetable or beef stock. The soup will thicken as it cools, so you may want to add more stock for a thinner version.
- 5.** Add the peanut butter and stir. Blend if you prefer a smooth texture.
- 6.** Add the shredded chicken or tofu. Or for a really traditional flavour, add your stewed, seasoned goat meat and dried fish.

**Serve hot with bread or, as in Sierra Leone, over white rice with chopped peanuts on top. Season to taste.**

If you're holding a Harvest supper, make larger batches and freeze ahead of time.



Maryama  
with the  
groundnuts  
she farms.



In Sierra Leone, the  
groundnut is known  
as 'granat' in the  
Krio language.

**'My life is better.  
There has  
been so much  
change in my  
life because of  
the support.'**



As the climate crisis makes weather patterns unpredictable, farmers in Sierra Leone are harnessing the power of knowledge to keep bringing in a harvest of hope.

With flooding a risk to crops, Christian Aid's partner, WoNES, has installed rain gauges in three communities, with farmers training on monitoring and reporting water levels. This means farmers like Maryama, from Pujehun, can adjust her farming calendar, know when to hire help for planting her fields, plan travel and prepare for potential extreme weather.

Maryama grows groundnut (peanut, the main flavour in this soup recipe) and harvests palm oil kernels (usually used as the cooking oil for this dish). When she was widowed with four children, Maryama worried about keeping them healthy and educated by herself. With business training and access to low-interest loans through WoNES' support, Maryama can now afford to run her farm and pay her children's school fees. Maryama says: **'My life is better. There has been so much change in my life because of the support. I want to send a goodwill message to [donors].'**



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