

West African Vegetable Soup-(serves 6)

Ingredients:

- 2T olive oil
- 1 lg sweet onion
- 2 cloves minced garlic
- 4 c chicken or vegetable broth
- ½ t ground cinnamon
- ¼ t crushed red pepper
- 2 medium sweet potatoes (peeled and cut into ¼ in half slices)
- 1 can dices tomatoes, undrained
- ½ c raisins
- 1 bag (6 oz) spinach
- 1 can chickpeas

Directions

Heat oil in large pot. Cook onion and garlic until tender. Add broth, cinnamon, red pepper, sweet potatoes, tomatoes, and raisins. Heat to boil. Reduce heat to low, cover and simmer for 20 minutes until potatoes are tender. Add spinach and chickpeas. Cook until spinach wilts.

Serve with Couscous.