

Bolivian Peanut Soup

Servings: 6

Ingredients for the Stock:

- 4 beef shanks (or any beefy soup bone)
- 1/2 yellow or brown onion
- 2 stalks celery (preferably with leaves), washed and halved
- 1/2 bell pepper, washed and seeded
- 1 carrot, washed and halved
- 4 garlic cloves, peeled and smashed
- 2 bay leaves
- 10 cups water
- 1/2 teaspoon oregano
- Salt & Pepper to taste
- 1 tablespoon oil (for searing)

Ingredients for the Soup:

- 1 cup raw, blanched peanuts (use more for a thicker soup)
- 1 cup Rigatoni or 1/4 cup rice
- 1 large potato, peeled and cubed (small)
- 1 large carrot, peeled and sliced or cubed (small)
- 1/2 cup frozen peas
- Chopped parsley and shoestring potatoes or French fries for garnish (optional)

Instructions:

Make the Stock:

1. Season the beef shanks with salt and pepper.
2. Heat a large pot with oil. Once hot, sear the beef on both sides until browned. Set the meat aside.
3. Deglaze the pan with a splash of water, scraping up the browned bits.
4. Add onion, celery, bell pepper, carrot, garlic, and bay leaves. Sauté for a few minutes.
5. Add 10 cups of water and season with salt, pepper, and oregano. Bring to a boil, reduce heat, and simmer for 1 hour.

Prepare the Peanut Mixture:

6. While the stock simmers, blend the peanuts with 1/2 cup of water until smooth.

Finish the Soup:

7. After the stock has simmered for an hour, remove the beef and set it aside. Discard the vegetables and bay leaves.
8. Stir the blended peanut mixture into the stock. Add additional water from the blender to the pot. Return the meat to the pot. Simmer for 10 minutes.
9. In a skillet, heat oil and lightly fry the noodles until golden brown. Set aside.
10. Add the potatoes, carrots, peas, and fried noodles to the soup. Mix well. Taste and adjust salt and pepper.
11. Bring the soup to a boil, then reduce heat and simmer uncovered for 20-25 minutes, until the vegetables and noodles are fully cooked. Ensure the peanuts cook thoroughly to avoid stomach discomfort.

Serve:

12. Place a meaty bone in the middle of each bowl. Ladle the soup over the bone, and garnish with parsley and fried potatoes, if desired.

Nutritional Breakdown (per serving):

- **Calories:** 450 kcal
- **Protein:** 23g
- **Carbohydrates:** 39g
 - Dietary Fiber: 5g
 - Sugars: 4g
- **Fat:** 22g
 - Saturated Fat: 7g
- **Cholesterol:** 60mg
- **Sodium:** 320mg
- **Potassium:** 800mg
- **Vitamin A:** 50% of Daily Value (DV)
- **Vitamin C:** 15% of DV
- **Calcium:** 8% of DV
- **Iron:** 20% of DV

This nutritional breakdown is an estimate and may vary depending on ingredient brands and exact measurements.