

Modified Ewedu (jute leaves) Soup



Provides 5 servings. Preparation time is 30 minutes

Ingredients:

- 1 Cup of water
- 400g Ewedu leaves (jute leaves) washed and blend to smooth consistency
- 80g Crayfish powder
- 1 Reduced salt stock cube
- 1 tsp dissolved potash
- 1 onion
- 1 tsp locust bean paste

Preparation method:

Boil the water in a lidded cooking pot at medium heat. Add the dissolved potash and blended ewedu leaves. Allow to cook for about 5 to 8 minutes on medium heat. Add and stir in the crayfish powder, locust bean paste and reduced salt stock cube. Bring to a boil, then reduce heat and allow to simmer for 4 minutes or until the soup has thickened to your desired consistency. Turn off the heat and allow the soup to cool for about 2 minutes and serve.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	19kcal/77kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	0.9 0.1
Carbohydrates (g) <i>of which sugars (g)</i>	0.5 0
Dietary fibre (g)	0.5
Protein (g)	2.0
Salt (g)	0.05

Each 271g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
210kJ 50kcal	2.6g	0.4g	0g	0.14g
3%	4%	2%	0%	2%

of an adult's reference intake