

## Modified Okro Stew OR Soup



**Provides 6-8 servings.** Preparation time is 60 minutes

### Ingredients:

1 tbsp Palm oil or any vegetable oil  
 1 medium onion chopped  
 100g Lean beef, chicken or crab  
 180g smoked haddock (or any smoked fish)  
 180g Haddock unsmoked (or any fish)  
 70g Crayfish or smoked fish or shrimp powder  
 ½ Low salt stock cube OR ½ teaspoon salt  
 500g spinach, chopped  
 750g Okro, chopped or grated  
 300g Garden eggs, white or yellow, chopped  
 2 (230g per tin) Tins Mackerel in tomato sauce  
 1 Scotch bonnet, 1 root ginger, 2 cloves garlic, blend together (spice mix)  
 7 tbsp Tomato puree  
 400g Tomato chopped or blend

### Nutritional information per 100g of edible portion:

Energy (kcal/kJ)	74kcal/309kj
Total Fat (g) of which saturated fatty acids (g)	3.2 0.6
Carbohydrates (g) of which sugars (g)	3.6 3.2
Dietary fibre (g)	1.9
Protein (g)	6.6
Salt (g)	0.47

### Preparation method:

Season the beef, chicken or crab with half of the spice mix and boil or grill for 15 –20, or minutes until cooked. Heat the palm oil in a cooking pot over medium heat for a minute. Stir in the chopped onions and fry for 2 minutes or until fragrant. Add tomato puree, stir until the mixture thickens. Add the chopped tomato and cook over medium heat until the juice is reduced, stirring occasionally. Stir in the remaining spice mix and cook for 2 minutes at low heat. If beef was boiled, add the stock to the pot and stir. Otherwise add the chopped okro, garden eggs and spinach, enough water to just cover the vegetables and cook on medium heat for about 10 to 15 minutes, stirring occasionally to avoid burning. Add more water if making soup.

Add the beef (chicken or crab), haddock (smoked & unsmoked), crayfish (or shrimps if using), stock cube and gently stir and mix. Cover the pot and simmer for 5 to 10 minute or until the vegetables are cooked. Gently stir in the mackerel and simmer for 10 to 15minutes. Serve with *banku*, *kenkey*, *eba* or a carbohydrate accompaniment of your choice.

Each 358g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1105kJ 264kcal	11g	2.2g	11g	1.7g
13%	16%	11%	12%	28%

of an adult's reference intake