

Modified Peanut Butter Soup



Provides 6-8 servings. Preparation time is 60 minutes

Ingredients:

- 1 medium onion, chopped
- 100g lean beef or chicken
- 1 root ginger, 1 medium onion, 1 scotch bonnet, 2 cloves garlic blend together to form a spice mix
- 1 tin (or 400g) chopped tomato, blend to smooth consistency if preferred
- 2 tbsp Tomato puree
- 3 tbsp Peanut butter (smooth)
- 180g Smoked haddock (or smoked fish of your preference)
- 180g Haddock unsmoked (or fish of your preference)
- 330g Garden eggs, cut into halves
- 100g Okro, cut into large chunk or whole (optional)
- 1 litre water
- 1 Low salt stock cube

Nutritional information per 100g of edible portion:

| | |
|---|--------------|
| Energy (kcal/kJ) | 30kcal/125kj |
| Total Fat (g) of which saturated fatty acids (g) | 0.5 0 |
| Carbohydrates (g) of which sugars (g) | 2.0 1.7 |
| Dietary fibre (g) | 0.8 |
| Protein (g) | 4.1 |
| Salt (g) | 0.1 |

Preparation method:

Season the beef or chicken (or lean protein of your choice) with chopped onions and half of the spice mix, boil with a cup of water in a cooking pot (or grill) on medium heat for 15 minutes. Add to your boiled or grilled protein, one and half cups of water, the garden eggs (leave some for later) , and tomato, stir and cook for 10 to 15 minutes on medium heat. Cover the pot and simmer on low heat. While the beef/chicken is simmering, scoop out the garden eggs and blend together with the peanut butter, tomato puree and a cup of water to smooth consistency. Cook the mixture in a separate pot at medium heat until it thickens, stirring regularly to avoid burning. Pour the mixture on the beef/ chicken, add stock cube and the remaining water (or more according to your desired soup consistency). Stir and increase the heat to medium, cook for about 20 minutes. Add the rest of the garden eggs, okro (if using) and fish, stir gently. Cover the pot and simmer for about 15 to 20 minutes, or until your desired consistency. Serve with rice, *banku*, *fufu*, *kenkey*, *eba* or a carbohydrate accompaniment of your choice

Each 531g portion contains:

| ENERGY | FAT | SATURATES | SUGARS | SALT |
|------------------|------|-----------|--------|-------|
| 666kJ 158kcal | 1.8g | 0.5g | 9.2g | 0.52g |
| 8% | 3% | 3% | 10% | 9% |

of an adult's reference intake