

Ewedu Soup Recipe



Ewedu is very popular not only in west Africa but in the Middle East, East Africa, and North Africa. It is, without a doubt, one of the easiest Nigerian soups to cook.

Course	Lunch/Dinner
Cuisine	African, middle eastern
Keyword	ewedu, homemade, JUTE, jute leaves, Mulukhiyah, or Molokhia)
Prep Time	10 minutes
Cook Time	10 minutes
Servings	2
Calories	7kcal
Author	Lola Osinkolu

Ingredients

Fresh leaves

- 3.2 oz Fresh ewedu leaves
- 1.2 to 1.6 cups Water
- 0.8 tablespoons Locust bean
- 0.8 tablespoons Ground crayfish
- 0.4 teaspoon chicken bouillon powder or 1 cube
- Salt to taste

Frozen

- 0.4 pack frozen jute leaves 8 ounces
- 0.8 tablespoons locust Bean
- 0.8 tablespoons crayfish ground
- 0.4 bouillon powder or 1 cube
- salt to taste

Instructions

Fresh leaves

1. Pluck the ewedu leaves one by one. Then rinse the leaves in a large bowl by gently swirling them around so that any sand particle can settle at the bottom of the bowl.
2. Now gently use your hand to scoop the ewedu from the water and repeat the process a couple of times until the ewedu leaves are clean and there are no more sand particles settling under the bowl.
3. Blend the ewedu leaves in a blender with the locust bean and crayfish until smooth.
4. Pour the mixture into a pot. Season with salt and bouillon powder (cube) and cook on medium heat for about 5 minutes or until it becomes smooth and viscous.

Frozen Pack

1. Thaw the frozen jute leaves by leaving it on the counter top for few hours or place it inside hot water to melt if you are in a hurry.
2. Blend the leaves if not already blended and pour inside a pot. Add the locust bean, crayfish, salt and stock cube (if necessary) and stir to combine.
3. Leave to cook for 5 minutes stirring occasionally until the ewedu becomes smooth and viscous.

Notes

1. Don't overcook the jute leaves else, you will be left with a non-viscous soup with an unpleasant taste.
2. You may blend the locust bean with the jute leaves if that will make you or your kids happier.

Nutrition

Calories: 7kcal | Carbohydrates: 1g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 8mg | Sodium: 198mg | Potassium: 14mg | Sugar: 1g | Calcium: 3mg | Iron: 0.1mg

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