

To prepare fufu with light soup, you will need the following ingredients:

For the Fufu:

2 cups of cassava flour (also known as fufu flour)

Water

For the Light Soup:

1 kg of meat or fish (your choice), cut into pieces

2 onions, chopped

4 tomatoes, diced

3 cloves of garlic, minced

2 tablespoons of tomato paste

2 tablespoons of palm oil

2 cups of water

2 Maggi cubes or any seasoning cube of your choice

Salt and pepper to taste

Optional: chili peppers or spices for heat (if desired)

Optional: vegetables like cabbage, carrots, and spinach (for added nutrition)

Now, let's proceed with the preparation of fufu with light soup:

Fufu Preparation:

In a large pot, bring about 6 cups of water to a boil.

In a separate bowl, mix the cassava flour with enough water to make a smooth paste.

Slowly pour the cassava flour mixture into the boiling water while stirring continuously.

Keep stirring until the mixture thickens and starts to pull away from the sides of the pot.

Continue stirring vigorously for about 5 minutes to cook the fufu thoroughly.

Remove the pot from the heat and let the fufu cool slightly.

Light Soup Preparation:

Heat the palm oil in a separate pot over medium heat.

Add the chopped onions and minced garlic. Sauté until they become translucent.

Add the diced tomatoes and tomato paste to the pot and cook for about 5 minutes, stirring occasionally.

Add the meat or fish pieces to the pot and cook until they are browned on all sides.

Pour in the water, add the Maggi cubes or seasoning cubes, and season with salt and pepper to taste.

If you desire a spicier soup, you can add chopped chili peppers or spices at this point.

Cover the pot and let the soup simmer for about 30-40 minutes, or until the meat or fish is tender.

If you want to add vegetables, such as cabbage, carrots, or spinach, chop them into small pieces and add them to the pot during the last 10 minutes of cooking.

Serving:

To serve, scoop a portion of the fufu onto a plate or into a bowl.

Ladle the light soup over the fufu, ensuring a good balance between soup and fufu.

You can serve additional soup on the side if desired.

Duration:

The preparation and cooking time for fufu with light soup can vary, but on average, it takes approximately 1 hour and 30 minutes to 2 hours. This includes the time for preparing the fufu, cooking the light soup, and allowing the soup to simmer until the meat or fish is tender.