

To prepare fufu with peanut soup, follow these steps:

Ingredients:

- 2 cups of roasted peanuts
- 1 pound of meat (chicken, beef, or goat), cut into pieces
- 1 onion, chopped
- 2 tomatoes, chopped
- 3 cloves of garlic, minced
- 1-inch piece of ginger, grated
- 2 cups of chicken or vegetable broth
- 1 cup of water
- 2 tablespoons of tomato paste
- 2 tablespoons of palm oil or vegetable oil
- Salt and pepper to taste
- Fufu (either made from scratch or store-bought)

Duration: Approximately 2 hours

Here's a step-by-step guide:

Peanut Soup:

In a blender or food processor, grind the roasted peanuts until you get a smooth peanut butter consistency. Set it aside.

In a large pot, heat the palm oil or vegetable oil over medium heat.

Add the chopped onions and sauté until they become translucent.

Add the minced garlic and grated ginger. Stir and cook for about a minute.

Add the chopped tomatoes and tomato paste. Stir and cook for another 3-4 minutes until the tomatoes soften.

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

Pour in the chicken or vegetable broth and water. Stir in the ground peanuts.

Season with salt and pepper to taste. Stir well to combine all the ingredients.

Reduce the heat to low, cover the pot, and let the soup simmer for about 1-1.5 hours, or until the meat is tender and the flavors have melded together.

Adjust the seasoning if needed and keep the soup warm while preparing the fufu.

Fufu:

Prepare the fufu according to the instructions on the packaging if you're using a store-bought mix.

If making fufu from scratch, boil equal parts of cassava and green plantain until they are tender.

Drain the water and mash the boiled cassava and plantain together until smooth, using a wooden

spatula or a traditional fufu pounding stick.

Once the fufu is ready, serve it in a large bowl alongside the peanut soup.

To serve:

Scoop a portion of fufu onto a plate or in a bowl.

Ladle the peanut soup over the fufu.

The fufu can be used as a staple to scoop up the soup, and the flavors of the soup and fufu complement each other.

Remember to adjust the recipe quantities based on the number of people you are serving.

Enjoy your fufu with peanut soup!