

Recipe	Ingredients	Category
Jollof Rice	Rice, tomatoes, onions, red pepper, tomato paste, garlic, thyme, bay leaf, stock cube	Main Dish
Egusi Soup	Egusi (melon seeds), spinach or bitterleaf, palm oil, crayfish, stockfish, beef, pepper, onion	Soup/Stew
Suya	Beef skewers, peanut powder, chili powder, paprika, ginger, garlic, bouillon powder	Street Food
Groundnut Stew (Maafe)	Peanut butter, tomato paste, onion, garlic, ginger, chicken or lamb, chili, stock	Stew
Waakye	Rice, black-eyed peas or cowpeas, sorghum leaves (or baking soda), salt	Main Dish
Moi Moi	Black-eyed peas, onion, pepper, oil, fish or egg	Side/Protein Dish

	(optional), seasoning	
Kelewele	Ripe plantains, ginger, chili, garlic, nutmeg	Snack/Side
Banga Soup	Palm nut extract, catfish or goat, crayfish, oburunbebe stick, chili pepper, scent leaves	Soup
Thieboudienne	Fish, broken jasmine rice, tomato, cabbage, carrot, cassava, eggplant, parsley	Main Dish
Akara	Black-eyed peas, onion, scotch bonnet, salt, oil	Snack/Street Food
Fufu	Cassava, yam, or plantain (pounded or mixed into dough)	Staple
Domoda	Groundnut paste, onion, garlic, chili, tomato, beef or chicken, sweet potato	Stew
Okra Soup	Okra, palm oil, chili, crayfish, beef or goat,	Soup/Stew

	dried fish, onions	
Attiéké	Cassava (fermented, granulated), grilled fish or meat, tomato, onion, chili	Main/Side Dish
Yassa Poulet	Chicken, onion, lemon juice, mustard, chili, garlic, oil	Main Dish
Tuwo Shinkafa	Rice (short- grain), water	Staple
Egbo	Corn (dried and cooked), palm oil, pepper sauce	Breakfast/Fiber
Agushie Stew	Melon seeds (ground), tomato, onion, pepper, oil, meat or fish	Stew
Miyan Kuka	Baobab leaves (dried and powdered), beef, dawadawa, pepper, palm oil	Soup
Tapalapa Bread	Wheat flour, millet or corn flour, yeast, water, salt	Bread