**Egusi Soup**

"This soup is native to West Africa (Nigeria) and many of my American as well as Nigerian friends have enjoyed it. It is a great soup for those who like to try something different every once in a while. Ground Egusi seeds give this soup a unique color and flavor. If you can't find Egusi seeds, you can substitute pumpkin seeds smoked fish can be. Drained, smoked chicken can be used in place of the beef."

## **Ingredients**

* 3/4 cup pumpkin seeds
* 1 1/2 pounds cubed beef stew meat
* 1/2 cup peanut oil
* 2 large tomatoes, chopped
* 1 small onion, chopped
* 2 habanero peppers, seeded and minced
* 18 spoons tomato sauce
* 3 tablespoons tomato paste
* 1 1/2 cups water

1 pound fresh spinach, washed and chopped or any vegetable of your choice..

## **Directions**

1. Place pumpkin or ground egusi seeds in a blender and blend for 30 to 40 seconds or until mixture is a powdery paste. Set aside.
2. Wash beef and cut into bite-size cubes. Season with salt. In large pot, heat oil over medium-high heat for 4 to 5 minutes. Add beef and sauce for 3 to 5 minutes or until brown but not cooked through.
3. Place tomatoes, onions, and pepper in a blender and blend for about 30 seconds or until smooth. Add tomato mixture to meat, reduce heat to medium-low, and cover. Cook for 40 to 50 minutes or until meat is tender.
4. Add tomato sauce, water, and fish and simmer for 10 minutes.
5. Add spinach and ground pumpkin seeds and continue to simmer 10 minutes more.
6. Cook for 5 more minutes and bring and your soup is ready to be served