

Egusi Soup

Oscar · 29/09/2024

**Prep Time**

1 hr 20 mins

Difficult

Medium

Servings

6

Description

Egusi soup is native to West Africa and many of my American and Nigerian friends enjoy this recipe when I make it. Ground egusi seeds give the soup a unique flavor. It's a delicious and hearty soup for those who like to try something different every once in a while.

Ingredients

- - ¾ cup egusi seeds or pumpkin seeds - 1 ½ pounds cubed beef stew meat - salt to taste - ½ cup peanut oil
- - 2 large tomatoes
- chopped - 1 small onion
- chopped - 2 habanero peppers
- seeded and minced - 2 pounds fresh shrimp
- peeled and deveined - 18 ounces tomato sauce - 1 ½ cups water - 3 tablespoons tomato paste - 1 pound fresh spinach
- washed and chopped

Instructions

1. Place seeds in a blender; blend until mixture is powdery
2. 30 to 40 seconds. Set aside. Dotdash Meredith Food Studios Cut beef into bite-sized cubes; season with salt. Dotdash Meredith Food Studios Heat oil in a large pot over medium-high heat. Cook beef in hot oil until brown but not cooked through
3. 3 to 5 minutes. Dotdash Meredith Food Studios Place tomatoes
4. onion
5. and peppers in a blender; blend until smooth
6. about 30 seconds. Stir tomato mixture into beef; reduce heat to medium-low and cover. Cook until meat is tender
7. 40 to 50 minutes. Dotdash Meredith Food Studios Add shrimp
8. tomato sauce
9. water
10. and tomato paste; simmer for 10 minutes. Dotdash Meredith Food Studios Stir in spinach and powdered seeds. Continue simmering for 10 more minutes. Dotdash Meredith Food Studios Cook's Note If you can't find egusi seeds
11. you can substitute pumpkin seeds. Any combination of crab
12. shrimp
13. and smoked fish can be used in place of the shrimp. Drained
14. smoked oysters and chicken can be used in place of the beef.