

Yam Pepper Soup

Ingredients

- Fish, cisco, smoked
- Tomatoes, red, ripe, raw, year round average
- Onions, raw
- Cloves Garlic, raw
- tsp Ginger root, raw
- tbsp Crustaceans, crayfish, mixed species, wild, raw
- MAGGI Star Seasoning (100x4g)
- L Water
- 1/4 1/4 Medium Yam, raw
- 1/4 1/4 piece Cassava
- 1/4 1/4 piece Cocoyam
- MAGGI Naija Pot
- tsp Spices, pepper, black

Instruction

1. Peel and cut yam, cocoyam, garden egg and cassava into chunks. Clean and cut the fish into pieces.
2. Blend onion, tomatoes, ginger, garlic, 3 MAGGI Star seasoning
3. Place in the pan the pieces of fish and the blended vegetable and cook for 5 minutes
4. Add the crayfish powder, water, all tubers and garden egg cut into chunk, 2 MAGGI Naija Pot and Bring to boil for 20 minutes. Remove a part of the garden eggs, blend then put back into the pot. Then let simmer for 5 minutes.

Nutrition

Carbohydrates	49,43 g
Energy	259,7 kcal
Total fat	3,73 g
Fiber	6,89 g
Protein	7,81 g
Saturated Fats	0,61 g
Sodium	927,61 mg
Sugars	3,34 g

41 Minutes

6 Portions