

Long Livo

Spicy Egusi Soup Recipe For Beginners

25 min Prep time	**45 min** Cook time	**1 h 10 min** Total time
6 Servings	**Medium** Difficulty	**West African** Cuisine

Ingredients

For the Soup Base

- [ ] 1 cup egusi seeds (melon seeds), ground
- [ ] 1/4 cup red palm oil
- [ ] 1 large onion, chopped
- [ ] 2-3 fresh peppers (Scotch bonnet or habanero)
- [ ] 4 cups beef stock
- [ ] 1/2 cup dried crayfish, ground
- [ ] 2 teaspoons bouillon powder
- [ ] Salt to taste

Vegetables and Protein

- [ ] 2 cups chopped ugu leaves (or spinach)
- [ ] 1 pound beef stew meat, cubed
- [ ] 1 pound turkey ham, cubed
- [ ] 2 cups chopped spinach (if not using ugu)

Aromatics and Spices

- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon ground ginger
- [ ] 1 teaspoon smoked paprika
- [ ] 2 bay leaves

Instructions

1. Start by preparing your meats. In a large pot, brown the beef stew meat and turkey ham over medium heat until nicely seared. Remove and set aside. The fond at the bottom of the pot will add great flavor later.

2. In the same pot, add the palm oil and chopped onion. Sauté until the onions are translucent, about 5 minutes. Add the minced garlic and cook for another minute until fragrant. This base will give your soup incredible depth.

3. Add the ground egusi seeds to the pot and toast gently for 3-4 minutes, stirring constantly. You'll know it's ready when you smell the nutty aroma. Be careful not to burn it - medium heat is your friend here.

4. Pour in the beef stock slowly while stirring to combine with the egusi mixture. Add the ground crayfish, bouillon powder, smoked paprika, bay leaves, and your cooked meats. Bring to a gentle simmer.

5. Simmer uncovered for 30-40 minutes, stirring occasionally. The soup will thicken as the egusi seeds release their natural starches. If it becomes too thick, add a little warm water or stock.

6. While the soup simmers, prepare your peppers. If you want less heat, remove the seeds. Chop them finely and add to the soup during the last 15 minutes of cooking.

7. Finally, stir in your chopped greens and cook for just 5 more minutes until they're bright and slightly wilted. Taste and adjust seasoning with salt as needed.

8. Serve hot with your favorite starchy side. The soup goes beautifully with pounded yam, fufu, or even rice for a comforting meal that warms you from the inside out.

Nutrition per serving

285 kcal	22 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Egusi seeds can be found in African grocery stores or online - make sure they're fresh and smell nutty
- The soup will continue to thicken as it cools - you may need to add more liquid when reheating
- Leftover soup tastes even better the next day as flavors continue to develop
- Feel free to experiment with different meats - lamb works beautifully in this recipe too