

Ogbono Soup

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Serves: 8 people

Yield: 8 cups

Time: 1:30 hours

Ingredients

½ cup of ground ogbono seed (can be substituted with pumpkin seed)
2 tablespoons of canola oil
1 yellow onion, diced
2 small chile peppers, minced
1 pound of chicken breast cut into cubes
2 cups of tomato, diced
3 cups of water or vegetable stock
(see page 66)
1 bunch of greens (spinach, kale, or collards), washed and chopped
1 cup of okra, cut in rounds
1 teaspoon of sea salt
½ teaspoon of ground black pepper

Directions

- ✦ Heat a small saucepan over medium heat. Add the ground ogbono seeds and dry sauté until toasted and fragrant.
- ✦ Heat the oil in a large soup pot over medium high heat. Add the onions and peppers and cook for about 2 minutes, stirring often until softened and translucent.
- ✦ Add the chicken and tomatoes and cook for another 5 minutes.
- ✦ Stir in water or vegetable stock and bring to a boil. Reduce heat to a simmer, cover and cook for about 30 minutes.
- ✦ Whisk a spoonful of the hot soup into the toasted ground seeds and then add the mix into the simmering soup.
- ✦ Add the greens, okra, salt and pepper.
- ✦ Simmer for another 30 minutes and serve hot.

Did You Know?

This stew-like soup is packed with nutrient rich vegetables and lean protein. Traditionally, the variety of ingredients used is as diverse as the agriculture in the regions of Africa where the soup is popular. The hard to find ogbono seeds may be substituted with raw, ground pumpkin seeds. They are from the wild mango plant and contain a natural thickener. Ogbono soup can be eaten with Fufu (see Fufu on page 24).

