

## **Nyam and Go – Nigerian Groundnut Soup (Peanut Soup) adapted to a Sierra Leone Recipe as per Stella**



Groundnut Soup (Peanut Soup) is next best soup after Egusi Soup. It is prepared the same way as Egusi Soup so you can apply the two methods of preparing Egusi Soup to Groundnut Soup with great results.

### **Ingredients for Groundnut Soup**

- 500g raw peeled groundnuts (peanuts)
- Chicken or alternative meats: Beef, Cow Tripe or Dry Fish
- Sunflower or Rape Seed Oil. Palm oil optional
- A small bunch of Nigerian Pumpkin leaves or 6 cubes [Frozen Spinach](#) or Bitter leaf
- 2-4 Cans of Plum Tomatoes
- 2 big stock cubes
- Salt & Scotch Bonnet Pepper to taste

### Notes on the ingredients

1. Palm oil mainly adds colour and sometimes taste to Nigerian soups so add enough quantity to colour the soup to your liking.



2. Bitter leaves help tone down the sweetness of this soup so if you do NOT have a sweet tooth, then you should use bitter leaves in preparing this soup. Let's put it this way: if you prefer bitter leaves for your Egusi Soup, then you should use them for Groundnut Soup too.

#### Tool

- Grinder for grinding groundnuts

#### **Before you cook Groundnut Soup**

1. [Roast the raw groundnuts](#) in a pan, stirring constantly till they look toasted. Set aside to cool down completely then grind into powder with a dry mill.
2. Wash and cut the Nigerian pumpkin leaves into tiny pieces. If using frozen spinach, cut into small pieces and wring out the excess water when fully defrosted.

#### **Method**

1. Start cooking the Chicken. Always keep water to the same level as the contents of the pot and top it up as you cook.
2. When the Chicken is almost done, add stock cubes and cook till the meat and is well done.
3. Transfer the Chicken to another pot/container leaving the stock in the pot.
4. Add the ground groundnuts and stir very well till there are no lumps. Reduce the heat to very low and start cooking.
5. Stir every 5 minutes and top up the water if necessary. This mixture burns easily so watch it closely and stir as often as necessary.
6. Cook till a thin film of clear oil appears on the surface. This should take about 15 minutes. Add palm oil and stir very well.  
Optional
7. Add the Chicken, stir and cook on low heat till it boils. For those who prefer their groundnut soup without vegetables, the



soup is ready at this time. If you prefer it with vegetables then go to step 8.

8. Add the vegetables, stir and leave to simmer. Stir again and it is done.

Serve Groundnut Soup with any [Nigerian Fufu meal](#) or Brown Rice

<https://www.allnigerianrecipes.com/soups/groundnut-soup/>