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**PALM BUTTER SOUP**

**Palm butter soup is a West African stew made from palm butter, meat, fish, vegetables, and spices. It is a thick, creamy, and flavorful soup that is often served with fufu or rice.**

### EQUIPMENT

* Large pot A sturdy and spacious pot is essential for cooking Palm Butter Soup. It allows enough space to accommodate all the ingredients and prevents spills while stirring.
* Blender or Mortar and Pestle: If you're using fresh palm nuts, you'll need a blender or a mortar and pestle to extract the red-orange palm oil from the softened nuts.
* Chopping Board and Knife: To chop and prepare the vegetables and protein, a good quality chopping board and a sharp knife are handy tools.
* Wooden Spoon or Ladle: A wooden spoon or ladle is perfect for stirring the soup as it cooks, allowing for even distribution of flavors.
* Measuring cups and spoons For accurate measurements of ingredients, a set of measuring cups and spoons are helpful.
* Cooking Spoon: A large cooking spoon is useful for serving the soup into bowls.
* Heat-resistant Mitts or Pot Holders: Since the pot can get hot during the cooking process, heat-resistant mitts or pot holders will protect your hands while handling the pot.
* Cooking Stove: A stove with adjustable heat settings is essential for controlling the cooking temperature.

### INGREDIENTS

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* 1 cup palm nuts processed to obtain palm oil
* 1 medium onion finely chopped
* 3 cloves of garlic minced
* 2 tomatoes diced
* 1 bell pepper chopped (red, green, or yellow)
* 500 g of your choice of protein chicken, beef, fish, shrimp, or crayfish
* 2 tablespoons crayfish ground
* 2 utazi leaves finely chopped (substitute with spinach if unavailable)
* 2 scent leaves nchanwu or effirin, finely chopped
* Salt and pepper to taste
* Fufu or rice for serving

### INSTRUCTIONS

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#### Prepare the Palm Nuts:

Boil the palm nuts in water until they become soft (about 30 minutes to 1 hour).

Once softened, remove the nuts from the water, and then pound or blend them to extract the red-orange palm oil. Save the oil in a separate bowl.

#### Saute the Aromatics:

In a large pot, heat a little oil or butter over medium heat.

Add the chopped onions and minced garlic to the pot. Cook until they become translucent and fragrant.

#### Add Tomatoes and Bell Pepper:

Toss in the diced tomatoes and chopped bell pepper into the pot with the onions and garlic.

Stir everything together and let it cook for a few minutes until the tomatoes soften.

#### Introduce the Protein:

Now, add your chosen protein (chicken, beef, fish, shrimp, or crayfish) to the pot.

Let the protein cook with the vegetables until it's fully cooked through.

#### Create the Soup Base:

Pour in the extracted palm oil (the red-orange oil) into the pot with the cooked vegetables and protein.

Stir everything together, and the palm oil will infuse the soup with a rich flavor.

#### Add Seasonings and Greens:

Sprinkle the ground crayfish (if using) into the pot. It adds a delicious nutty taste.

Season the soup with salt and pepper to your liking.

Toss in the chopped spinach or kale for added nutrition and color.

#### Simmer and Serve:

Let the soup simmer on low heat for 5-10 minutes, allowing the flavors to blend together.

Once it's done, serve the Palm Butter Soup hot with some cooked rice or your favorite side dish.