

# EGUSI

## INGREDIENTS:

- 1 ½ pounds bone-in chicken thighs (roughly 4 thighs)
- 3 tomatoes, chopped
- 1 medium onion, chopped
- 1 small chili pepper (e.g., habanero), chopped
- ½ bell pepper, chopped
- 3 cloves garlic, chopped
- ¼ cup dried shrimp
- 1 cup egusi seeds
- ½ cup water
- 1 tablespoon avocado or other neutral oil
- 1 cup low sodium chicken stock
- ½ teaspoon fine sea salt
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika
- 6 cups chopped mixed greens (e.g., spinach, kale)



## DIRECTIONS:

1. To parboil chicken thighs, add thighs to a large pot and cover with water. Bring to a boil and cook 12–15 minutes. Remove from water, trim and discard any large pieces of skin or fat, and set thighs aside.
2. While chicken cooks, combine tomatoes, onion, peppers, and garlic in a blender or food processor until smooth. If you prefer to not see or notice the texture of the dried shrimp, add them to blended mixture, as well.
3. In a separate medium bowl, stir together the egusi with 1/2 cup of water to form a paste.
4. Bring a large pan to medium heat and add 1 tablespoon avocado or other neutral oil. Pour in blended vegetables and add shrimp. Simmer for 5 minutes. Add chicken, chicken stock, and spices and cook for another 5 minutes.
5. Add egusi paste in spoonfuls to the pot. Do not stir so that lumps remain. Add more water if needed to thoroughly cover egusi. Cover with lid and cook for 10 minutes.
6. Stir in greens, cover, and cook for another 5–10 minutes, until reaching desired texture. Add another sprinkle of salt to taste, if needed.
7. Serve the egusi soup in a bowl with fufu, eba, or pounded yam.

1 HOUR 10 MIN | SERVES 6

### Nutrition Facts

247 calories | 10g fat | 2g saturated fat | 371mg sodium  
| 11g carbohydrate | 4g fiber | 3g sugar | 26g protein