

Treasure Barrel

Afang Soup With Eba - Authentic Nigerian Recipe

25 min Prep time	**40 min** Cook time	**1 h 5 min** Total time
6 Servings	**Medium** Difficulty	**Nigerian** Cuisine

Ingredients

For the Soup

- [ ] 4 cups fresh Afang leaves, washed and chopped
- [ ] 3 cups waterleaf, washed and chopped
- [ ] 1/2 cup palm oil
- [ ] 1/2 cup ground crayfish
- [ ] 200g beef sausage, sliced
- [ ] 2 medium onions, chopped
- [ ] 2 stock cubes, crushed
- [ ] 2 Scotch bonnet peppers, chopped
- [ ] Salt to taste
- [ ] 4 cups meat or vegetable stock

For the Eba

- [ ] 2 cups garri (cassava flakes)
- [ ] 3 cups boiling water
- [ ] Pinch of salt

Instructions

1. Start by preparing your greens. Wash the Afang leaves and waterleaf thoroughly, then chop them finely. I usually do this by hand because, honestly, there's something therapeutic about the rhythmic chopping. Set them aside separately.

2. Heat the palm oil in a large pot over medium heat. Add the chopped onions and sauté until they're translucent and fragrant. That smell... it always takes me back to my grandmother's kitchen. Add the sliced beef sausage and cook for about 5 minutes until slightly browned.

3. Stir in the ground crayfish and crushed stock cubes. Let them cook for another minute until the aromas blend together beautifully. Then add the chopped Scotch bonnet peppers - be careful with these, they pack some heat!

4. Pour in your stock and bring everything to a gentle boil. Add the waterleaf first and let it cook for about 10 minutes until it softens and the soup begins to thicken slightly from the natural juices.

5. Now add the Afang leaves and reduce the heat to low. Let it simmer uncovered for another 15-20 minutes. This is when the magic really happens - the greens release their earthy flavors and the soup develops its characteristic thickness.

6. While the soup simmers, prepare the eba. Bring water to a boil in a separate pot. Gradually add the garri while stirring constantly with a wooden spoon. Keep stirring until it forms a smooth, lump-free dough. It should be pliable but not sticky.

7 Taste the soup and adjust seasoning with salt if needed. The greens should be tender but still have some texture. Serve the Afang soup hot with balls of warm eba on the side.

Nutrition per serving

320 kcal	15 g	25 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup thickens as it cools, so you might need to add a little warm water when reheating leftovers
- Traditional recipes often include periwinkle or dry fish - feel free to add these if you like
- Leftover soup freezes well for up to 3 months