

# **Recipe for Sierra Leone Beef Peanut Butter soup, from Mimie Mogaka**

## **Ingredients**

- 1 30oz of creamy peanut butter
- 2 medium onions
- 2 bell peppers (mixed green & red)
- 2 large Maggi cubes (African season)
- 2.5 Tsp of salt
- 1.5 Tsp of black pepper
- 3 Habanero peppers for little spicy (add more for hot)
- 2.5lb beef with bones or just beef if you preferred
- 2 medium fruit tomatoes
- 6oz of paste tomato
- 10 cups of water

## **Preparing:**

1. Cut the beef to your desired size and wash; use 1tsp salt, 1 large Maggi cube, and the black pepper to season the beef
2. Cut the onion, bell peppers, Habanero pepper and tomatoes all together and put in a bowl
3. Put peanut butter in a large bowl and mix with the 10 cups of water till it well blended with the water.

## **Instructions:**

1. Put the beef in a large heavy pot and let it steam with just the water from washing, steam for 10 to 15 minutes (use a wooden spoon to mix contents frequently).
2. Add peanut butter to the beef and let it boil for 20 to 25 minutes (mix frequently)
3. Then add all the rest of the ingredients to the pot and let it boil for another 20 to 25 minutes (mix frequently)
4. Lower the heat to a simmer
5. Serve over rice.