

Nigerian Afang Soup

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/malabar-spinach-chinese-recipe>

Ingredients:

- 2 pounds malabar spinach aka Water leaf
- 57 grams leaves dried Afang, may be labeled Okazi/Eru in the African store
- 3 pounds meat Goat, cut into large bite size cubes
- 1/2 cup snails cooked shelled Apple
- 1/2 clams cooked shelled
- 1/2 cup palm oil
- 2 red onions
- 2 peppers Scotch bonnet, substitute with habanero peppers
- 4 tablespoons dried shrimp Ground smoked, aka crayfish
- 3 teaspoons chicken bouillon
- 2 tablespoons cayenne pepper / crushed red pepper flakes optional
- salt to taste

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 125 milligrams
4. Fat: 55 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 24 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Nigerian Afang Soup above. You can see more 17 malabar spinach chinese recipe Discover culinary perfection! to get more great cooking ideas.