GHANAIAN · LUNCH · DINNER

Ghanaian Chicken Light Soup (Chicken Pepper Soup)

110 min · Serves 6 · 281 kcal a serve · Video 9:18 · Nanaaba's Kitchen

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

About 31 g protein and 8 g net carbs a serve: skinless chicken cooked in a blended paste of onion, ginger, garlic and chilli, then in a light, strained tomato and garden-egg broth, with no added oil.

Diet notes: Low carb (8.2 g net carbs) but not keto: 40% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 18 · SERVES 6

- [ ] 3 lb **chicken** on the bone, ideally a hen (boiling fowl), skin removed
- [ ] 1 heaped tbsp **tomato paste**
- [ ] 2 **bay leaves**
- [ ] **salt**, to taste (the cook seasons the chicken generously)
- [ ] 1 large **onion**, for the marinade
- [ ] 4 **garlic** cloves
- [ ] **fresh chillies** (red serranos or a habanero), to your taste
- [ ] a thumb-sized piece of **ginger**, finely chopped
- [ ] ½ tsp **aniseed**
- [ ] ¼ tsp **dried rosemary**
- [ ] **Black pepper**: ¼ tsp white peppercorns and ¼ tsp black peppercorns
- [ ] 1 medium **onion**, for the broth
- [ ] 3 medium **tomatoes** (roma)
- [ ] 2 small **garden eggs** (or ¼ purple eggplant), for the broth
- [ ] about 2¾ quarts **water** in all (½ cup for blending, the rest for the broth)
- [ ] a few more **garden eggs**, to finish (the cook doesn't give the amount)
- [ ] a handful of **okra**, to finish
- [ ] a handful of **fresh basil**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Take the skin off the chicken (singe any fine feathers off the wings with a flame), then rub the pieces with the tomato paste, bay leaves and a generous amount of salt. 1:12
2. Cut the onion and ginger into small pieces and put them in a blender with the garlic and chillies. 1:46
3. Add the aniseed, rosemary and white and black peppercorns with just ½ cup water, and blend to a thick, smooth paste. 2:34
4. Pour the paste over the chicken, cover and cook on medium heat for about 40 minutes, stirring now and then, until the chicken has soaked up the flavour and the sauce has thickened. 3:34
5. Meanwhile, simmer the second onion, the tomatoes and garden eggs in a little water until fork-tender. 3:54
6. Blend the vegetables and push them through a strainer to remove the skins and seeds. 5:11
7. Pour the strained broth over the chicken with enough water to make about 2 quarts in all, and simmer for another 30 minutes. 6:14
8. Add a few more garden eggs, the okra and a whole chilli or two, then finish with the fresh basil. Serve hot. 6:40

> **Tip** Serves about 6 (the cook doesn't say). In Ghana it's poured over fufu or eaten with rice balls (omo tuo); on its own, or with a little steamed cabbage, it stays very low in carbs. A tough hen gives the best flavour.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
281 kcal 1,170 kJ	**31 g** 61% of a day	**12 g** 8.2 g net · 5.3 g sugars 4% of a day
FIBRE	**FAT**	**SODIUM**
3.3 g 12% of a day	**12 g** 3.3 g saturated 16% of a day	**630 mg** 27% of a day

Energy from net carbs 12% · protein 47% · fat 41% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 50% · Vitamin B6 35% · Zinc 30% · Vitamin B12 28% · Vitamin C 22%

Source of (10–19%) Vitamin K 19% · Potassium 14% · Magnesium 13% · Iron 12% · Folate 11%

Recipe and video: Nanaaba's Kitchen on YouTube — youtube.com/watch?v=EhB4Fevn2e4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ghanaian-chicken-light-soup