NIGERIAN · LUNCH · DINNER

Nigerian Goat Meat Pepper Soup

50 min · Serves 5 · 227 kcal a serve · Video 8:07 · Tspices Kitchen

No dairy listed · No nuts listed

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About 35 g protein and 3 g net carbs a serve: lean goat meat simmered in a fiery broth of blended peppers, onion and spices, with only a spoonful of oil.

Diet notes: Low carb (3.3 g net carbs) but not keto: 18% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.4 g, 6% of the energy); Paleo with a swap: leave out the vegetable oil; Gluten-free with a swap: use gluten-free stock cubes.

Ingredients 11 · SERVES 5

- [ ] 1 kg **goat meat**, cut into small bite-size pieces
- [ ] 2 **stock cubes** (Knorr; counted as their salt)
- [ ] 1½ tsp **salt**, or to taste
- [ ] 1 medium **onion**, for blending
- [ ] **Chilli**: 3–5 scotch bonnet peppers (atarodo) — most blended, one diced at the end
- [ ] a pinch of **Cameroon pepper** (optional)
- [ ] 2 tbsp **pepper soup spice** (a West African spice blend)
- [ ] 2 tbsp **ground crayfish** (dried crayfish, blended to a powder)
- [ ] **water** to cover the meat, plus more to taste
- [ ] 1 tbsp **vegetable oil** (optional, for shine)
- [ ] 4 small sprigs scent leaf (efinrin, African basil) or basil, chopped just before adding

Allergens found in the listed ingredients: Gluten, Crustacea. 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. Put the goat meat, cut into small bite-size pieces, in a pot and season it with the stock cubes and salt. 1:49
2. Blend most of the scotch bonnets with the onion, a splash of water and the Cameroon pepper (if using) until smooth. Keep one pepper back to dice later. 2:03
3. Pour the pepper and onion blend over the meat without adding water, mix, cover and cook for 15–20 minutes so the pepper works into the meat. 2:40
4. If your crayfish is whole, blend it to a fine powder. 3:16
5. Stir in the pepper soup spice and ground crayfish, add water to cover, and simmer on medium heat for another 10–15 minutes, until the goat is tender. 3:50
6. Dice the reserved scotch bonnet (seeds out for less heat) and add it with the oil, if using, and a little more water if you like a thinner soup. 5:14
7. Chop the scent leaf just before it goes in, stir it through and simmer 5 more minutes. Serve hot. 6:14

> **Tip** Serves about 5 (the cook doesn't say). It's salty and very hot as made: use one stock cube, taste before adding salt, and start with fewer scotch bonnets. Pepper soup spice and ground crayfish are sold in African grocers.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
227 kcal	35 g	5 g	1.7 g	6.8 g	1,430 mg
950 kJ	70% of a day	3.3 g net · 1.8 g sugars	6% of a day	1.4 g saturated	62% of a day
		2% of a day		9% of a day	

Energy from net carbs 6% · protein 65% · fat 29% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 68% · Zinc 61% · Selenium 33% · Iron 30%

Source of (10–19%) Omega-3 19% · Vitamin C 14% · Potassium 13% · Vitamin K 13% · Vitamin E 11%

⚠ One serve has about 62% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Tspices Kitchen on YouTube — youtube.com/watch?v=9aOKjLE-uFE. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/nigerian-goat-meat-pepper-soup