



Photo by Farayi Muzofa/WorldFish

FISH-BEAN-VEGETABLE SOUP

RECIPE BY WORLDFISH

Ingredients

- 3 tbsp dried small fish powder
- 2 tbsp maize meal
- 2 tbsp soya bean flour
- 3 tbsp bean powder
- 3 tbsp dried green leafy vegetable powder
- 3 tbsp dried mushroom powder
- 2 tbsp onion powder
- 1 tbsp garlic powder
- 2 tsp salt
- 3 tbsp vegetable oil

Cooking Procedures

1. In a small bowl, thoroughly mix the dried fish powder, dried green leafy vegetable powder, dried mushroom powder, onion and garlic powders, soya bean flour and bean powder together.
2. Pour 2 cups of water into a pot.
3. Add the mix to the pot while stirring continuously. Bring the mixture to a boil.
4. Add water so that the mixture becomes smooth and slightly thick. (More or less water may be added so that the soup takes on the preferred consistency).
5. Continue to stir occasionally to avoid lumping.
6. Cook for 15–20 minutes. Stir continuously so the soup does not stick to the bottom of the pot.
7. Serve in a clean bowl.

This recipe appears in the *Fish-Based Recipes* booklet developed by WorldFish. For more information and additional recipes from Zambia, visit <https://hdl.handle.net/20.500.12348/662>