

INGREDIENTS

Fufu:

- 1 large Yucca/Cassava
- Half Green Plantain
- Water (amount based on the consistency needed)

Chicken Soup:

- Two chicken thighs
- Small can of tomato paste
- One medium carrot
- Two bay leaves
- One fresh sage leaf
- One habanero pepper
- Medium stem of fresh rosemary (dried is okay, too)
- One medium white or yellow onion
- A tablespoon of ginger powder
- Two mini sweet peppers
- Salt
- 1 - Chicken bouillon cube

DIRECTIONS:

Fufu:

1. Wash your cassava and plantain and peel the skin off cassava and plantain.
2. Cut your cassava into small pieces.
3. With small water in your blender, blend the cassava and plantain as smooth as possible.
4. Put your mixed mixer into a microwave-safe bowl and microwave for 8min
5. With a wooden mixing spoon, stir up your microwave fufu into a smooth medium/hard paste
6. When consistency is good for you (you can add water if needed and put it back in the microwave for two/ three minutes), transport your fufu into a serving bowl.

Chicken Soup:

1. Cut your chicken into medium or small cubes
2. Placed them into your soup cooking pan
3. Divide onions into half
4. Chop half of the onions and put them on the chopping chicken

5. Place the half onion, habanero pepper, sweet peppers, carrot, rosemary, and a little water in your blender, and blend.
6. Place your soup pot with your chicken and chopped onions on the stove,
7. Add your chicken bouillon, salt, half of tomato 1 quarter of tomato paste, and bay leaf on medium heat and cook for 3 - 5 minutes.
8. Pour the blended mixer on the sauteed chicken and water and cook for 30 - 45min
9. Add salt to taste, and when you see a little oil on top of your soup, it is an indication it's done, but not all soup will produce that because the little fat in the chicken is what produces that)