



# Healthy Ghanaian Cookbook

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## Introduction

This cookbook was created in order to offer healthy cooking options for all Ghanaian communities in the United States, based off the ideas and recommendation of those in Worcester, MA.

Our goal was to select some of the most common Ghanaian recipes in order to respect their popularity and preserve their rich flavor, but also to adjust the recipes to reflect common healthy eating guidelines.

We encourage everyone to eat fresh vegetables and fruits, while limiting added salt, sugar and fried foods.

Simply reducing portion sizes of such items as bread, fufu, banku and kenkey can be a great way to live a healthier lifestyle.

Samantha Harrington, Jacob Koshy, Jason Stencel and Shelly Yarnie contributed to the making of this book.

# Contents

## Recipes

Koose	6
Light Soup	7
Peanut Butter Soup	8
Palmnut Soup	9
Salmon Soup	10
Spinach Stew	12
Beef Stew	15
Chicken Stew	16
Grilled Tilapia	17
Meat Pie	18
Rice Balls	20
Baked Plantains	21
Waakye	22
Jollof Rice	25
Bofrot	26







## Recipes

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# Koose

Black eyed-bean fritters

SERVES 4



## INGREDIENTS

1/4 cup wheat flour  
3/4 bag black-eyed  
beans  
1/4 tsp. baking powder  
1/4 tsp. pepper  
1 inch ginger  
1 large onion  
1/4 cup olive oil  
1/4 tsp salt

## DIRECTIONS

1. Soak black-eyed beans in water overnight. Wash and drain the beans under running water.
2. Preheat oven to 370 degrees.
3. Remove loose skins and pour in a food processor, with the pepper, onions and salt.
4. Add pepper, ginger, onions and salt. Blend until coarsely smooth.
5. Correct seasoning. Mix in the wheat flour and baking powder to bind the mixture. Add pepper, ginger, onions and salt.
6. Pour mixture into greased baking pan.
7. Place in the oven and bake for about 30 to 40 minutes.
8. Remove and place on a cooling rack.
9. Cut into pieces and serve.

Calories: 200  
Total fat: 14 g (saturated 2g)  
Cholesterol: 0 mg  
Sodium: 311 mg  
Potassium: 183 mg  
Total Carbohydrate: 16 g (fiber 4g, sugar 3g)  
Protein: 4g

# Light Soup

Also known as tomato soup



SERVES 4

## DIRECTIONS

1. Wash and cut meat into stewing size.
2. Place meat, salt, tomato paste, and chopped onion in pan over medium heat.
3. Cover and steam for about 6 minutes.
4. In another pan, cook onions, fresh pepper and tomatoes until tender.
5. Remove onion mixture and puree.
6. Add 3 cups of water and bring to a boil for 15 minutes.
7. Remove onions, fresh peppers and tomatoes. Blend into puree.
7. Pour puree sauce into soup. Add meat to broth.
8. Clean and cut fish into two pieces.
9. Add mushrooms and/ or crab (optional) into soup.
10. Boil for 15 minutes until ready.

**Calories:** 359

**Total fat:** 18 g (saturated 7g)

**Cholesterol:** 40 mg

**Sodium:** 270 mg

**Potassium:** 724 mg

**Total Carbohydrate:** 14 g (fiber 3g, sugar 7g)

**Protein:** 36g

## INGREDIENTS

1 lb beef

1 whole fish  
(such as tilapia)

8 oz mushrooms

2 medium crabs

1 large onion, chopped

3 medium tomatoes

1/2 tin tomato paste

1 large jalapeño pepper

1/4 tsp salt

3 cups water

# Peanut Butter Soup

Can be served with fufu, rice balls, cooked rice or yams

SERVES 6



## INGREDIENTS

- 1 can palmnut
- 1 lb chicken breast
- 1 whole fish (i.e. tilapia)
- 8 oz mushrooms
- 2 medium crabs
- 1/2 lb peanut butter
- 1 large onion, chopped
- 3 medium tomatoes
- 1/2 tin tomato paste
- 2 medium jalapeños

## DIRECTIONS

1. Wash and cut meat into stewing size. Season with salt (optional).
2. Cook meat, tomato paste, chopped onions on medium heat for 8-10 minutes until tender in large saucepan.
3. Cook tomatoes, peppers and onions in separate pan for about 10 minutes.
4. Clean mushrooms, fish and crabs. Break into pieces. Add to meat.
5. Blend tomatoes and onions. Pour mixture on the meat with 1/4 pint of water. Bring to boil.
6. Mix 1/4 pint water with peanut butter in blender. Pour into saucepan over medium heat until golden brown and smooth.
7. Add peanut butter mixture to soup and cook for 20 minutes. Stir frequently. The meat should be soft and soup should not be separated from water.

**Calories: 389**

**Total fat: 21 g (saturated 3g)**

**Cholesterol: 26 mg**

**Sodium: 170 mg**

**Potassium: 653 mg**

**Total Carbohydrate: 17 g (fiber 4g, sugar 8g)**

**Protein: 37g**

# Palmnut Soup

Like other Ghanaian soups, you can use your meat of choice or keep it vegetarian. Serve with fufu, ampsie, banku, omo tuo or rice.



**SERVES 6**

## DIRECTIONS

1. Wash and cut meat into stewing size.
2. Add meat, tomato paste, one chopped onion and salt (optional) to medium saucepan over medium heat for 8-10 minutes until onions are soft.
3. Cook fresh tomatoes, peppers and onions in separate pan for 10 minutes.
4. Clean mushrooms, fish and crabs. Break fish into two pieces and cut crabs into two. Add to simmering meat.
5. Blend tomatoes and onions. Pour mixture on meat with 1/3 pint of water. Bring to a boil.
6. Add palmnut to meat mixture. Add 1 can of water.
7. Stir soup until smooth.
8. Cook for 25 minutes or when red oil is secreted on top of soup. Reduce to low heat for 5 minutes.

**Calories: 293**

**Total fat: 15 g (saturated 7g)**

**Cholesterol: 68 mg**

**Sodium: 223 mg**

**Potassium: 257 mg**

**Total Carbohydrate: 11 g (fiber 4g, sugar 5g)**

**Protein: 27g**

## INGREDIENTS

1 can palmnut

1 lb chicken breast

1 medium fish (i.e. tilapia)

8 oz mushrooms

3 blue crabs or 1 rock crab

2 medium onions, chopped

3 medium tomatoes

1/2 tin tomato paste

1 medium jalapeño

# Salmon Soup

SERVES 4



## INGREDIENTS

2 lbs salmon  
2 oz fresh ginger  
1 large jalapeño pepper  
1 large onion  
3 medium tomatoes  
1/4 tsp salt

## DIRECTIONS

1. Clean and cut fish into about 6 pieces.
2. Season with salt and pepper. Set aside.
3. Cook tomatoes, pepper, ginger and onions in a pan for about 10 minutes.
4. Remove mixture and blend into puree.
5. Pour puree sauce in a saucepan, with about 1/3 pint of water.
6. Cook for about 20 minutes.
7. Add seasoned salmon.
8. Cook on medium for about 15 minutes.
9. Turn off heat and serve.

**Calories:** 329  
**Total fat:** 14.2 g (saturated 2g)  
**Cholesterol:** 100 mg  
**Sodium:** 253 mg  
**Potassium:** 1137 mg  
**Total Carbohydrate:** 6.4 g (fiber 1.8 g, sugar 3.7 g)  
**Protein:** 45.2g





# Spinach Stew

SERVES 6

## DIRECTIONS

### INGREDIENT

2 boxes spinach

4 medium tomatoes

1 tbsp pepper

1 large onion

4 oz kabi (salted  
tilapia)

6 oz smoked fish or  
smoked turkey

10 oz egushi

1 cup olive oil (or  
palm oil)

1 Maggi cube

1. Cut smoked fish (or smoked turkey) into medium pieces. Cook for 30 minutes and drain. Set aside.
2. Thaw and drain liquid from spinach.
3. Slice onion and place in medium saucepan with olive oil, kabi and pepper. Cook over medium heat for 4 minutes.
4. Slice tomatoes and add to onion mixture. Add Maggi cube and cook for 10-15 minutes.
5. Add smoked fish (or turkey) to stew. Let simmer for 5-8 minutes.
6. Mix egushi (ground melon seeds) with 1/2 cup of water and add to tomato stew. Cook for 5 minutes.
7. Add drained spinach with 3/4 cup of fish stock and allow to simmer for 6 minutes.
8. Continue to simmer for 4 minutes. Turn off heat and allow to cool.
9. Can be served with rice or ampesie.

**Calories: 619**

**Total fat: 61 g (saturated 6g)**

**Cholesterol: 35 mg**

**Sodium: 1828 mg\***

**Potassium: 648 mg**

**Total Carbohydrate: 14 g (fiber 2g, sugar 2g)**

**Protein: 31g**

**\*For a low sodium version, replace Maggi cube with 1/4 tsp of salt**









# Beef Stew

SERVES 8

## INGREDIENTS

2 lb stewing beef

1/4 cup olive oil

1 tsp salt

4 medium onions,  
sliced

4 tbsp tomato paste

3 tsp fresh or dried  
parsley

1 garlic clove,  
chopped

2.5 tsp red pepper

## DIRECTIONS

1. Saute meat with sliced onions, chopped garlic and salt in medium cooking pan for 10 minutes.
2. Remove and place meat in baking pan at 350 degrees for 20 minutes until tender.
3. In same medium cooking pan that held the meat, place onions with olive oil and cook for 10 minutes.
4. Blend tomatoes and pepper. Place in medium saucepan with parsley.
5. Remove baked meat with sauces and add to tomato sauce.
6. Let meat sauce simmer on low heat for 10 minutes.
7. Simmer for 4 minutes and turn off heat, allowing to cool.
8. Serve with wake, boiled brown rise, ampesie.

**Calories: 546**

**Total fat: 46 g (saturated 8)**

**Cholesterol: 73 mg**

**Sodium: 389 mg**

**Potassium: 761 mg**

**Total Carbohydrate: 10 g (fiber 2g, sugar 5g)**

**Protein: 26g**



# Chicken Stew

SERVES 6



## INGREDIENTS

2 lb chicken  
1/4 cup olive oil  
2 medium onions,  
sliced  
1 small onions, diced  
4 large tomatoes,  
sliced  
4 tbsp tomato paste  
3 tsp dried parsley  
4 basil leaves,  
chopped  
1 large garlic clove,  
chopped  
1 jalapeño

## DIRECTIONS

1. Wash and season chicken. Add onions, garlic, 1/2 tsp of powder pepper and 2 1/2 tsp of salt. Preheat oven to 250.
2. Saute meat in medium-cooking saucepan for 10 minutes,
3. Remove and place chicken in baking pan at 250 until tender and golden brown. Stir occasionally.
4. Cook onions with olive oil in saucepan for 5 minutes
5. Blend tomatoes and jalapeño pepper. Pour onto onion mixture.
6. Add parsley, basil, salt and seasonings of your choice.
7. Add tomato paste. Stir occasionally and cook on low heat for 20 minutes until red oil is formed on the surface.
8. Add chicken to tomato stew with stock. Simmer on low for 10 minutes.
9. Correct seasoning as needed and simmer 4 minutes.
10. Serve with cooked brown rice, ampesie or kenkey.

**Calories: 194**

**Total fat: 11 g (saturated 2)**

**Cholesterol: 25 mg**

**Sodium: 34 mg**

**Potassium: 711 mg**

**Total Carbohydrate: 15 g (fiber 4g, sugar 8g)**

**Protein: 12g**

# Grilled Tilapia



**SERVES 2**

## DIRECTIONS

1. Cut fish into two or three pieces. Clean and place them in a bowl.
2. Blend jalapeño pepper, onions, garlic, ginger and olive oil. Pour on top of fish. Let marinate for 15 - 20 minutes.
3. Pre-heat oven to 380 degrees.
4. Broil on low for 8 minutes on each side.
5. OR grill fish 5 minutes per side.
6. Garnish with fresh red pepper, yellow pepper and onions. Serve with banku, kenkey or fried yams. Or, serve alone with vegetables.

**Calories: 138**

**Total fat: 7 g (saturated 1)**

**Cholesterol: 8 mg**

**Sodium: 311 mg**

**Potassium: 316 mg**

**Total Carbohydrate: 14 g (fiber 2g, sugar 4g)**

**Protein: 5g**

## INGREDIENTS

**2 tilapia or mackerel**

**2 oz fresh ginger**

**1 large jalapeño pepper**

**1 large onion**

**3 pieces of garlic**

**1/4 tsp salt**

**1 tbsp olive oil**

# Meat Pie

Meat pie is known in the western world as shepherd pie (without the potatoes), which can have any kind of meat or vegetable filling.

SERVES 8

## INGREDIENTS

2 cups white flour  
1 cup wheat flour  
3 sticks butter or margarine  
1/2 lb lean beef or ground turkey  
1 large onion, sliced  
2 tomatoes, diced  
2 tbsp olive oil  
1 cup carrots, diced  
1/4 cup peas  
1/8 cup evaporated milk  
2 large bay leaves  
1 tsp thyme

## DIRECTIONS

### Meat Filling

1. Season beef with 1/2 tsp black or white pepper. Saute until dark grayish or brown. Remove from heat and set aside in a bowl.
2. Saute diced onions with 2 tbsp of oil in a large frying pan, stir occasionally on medium heat until tender.
3. Add diced tomatoes and cook for three minutes.
4. Add bay leave, thyme, carrots, peas and cook for 5 minutes
5. Add beef back into mixture. Cook for 3 more minutes.
6. Turn off heat, remove bay leave and allow mixture to cool.

### Pie Dough

1. Pre-heat oven to 380 degrees.
2. Spray baking oil on a baking sheet. Sprinkle flour over it and set aside.
3. In a mixing bowl, blend together the flour and margarine sticks for 8 minutes OR rub with hands to create coarse mixture.
4. Sprinkle 1/8 cup of water evenly over mixture to create pastry. Mix gently. The pastry should not stick but should fall freely from spoon.
5. Press dough together to form fist size ball.
6. With a floured rolling pin, roll the pastry balls on a floured cutting board or on a clean surface.
7. Use a baking brush or fingers to dip into water and brush lightly around the rolled pastry.
8. Fill pastry with meat sauce in center.
9. Seal it off by lifting opposite side of the plain pastry and roll to cover over the meat sauce, stretching to the front of the pastry.
10. Dip a fork into flour and use to press filled pastry to seal off.
11. Arrange on a baking sheet. Brush with evaporated milk for a golden brown pastry pie appearance.
12. Reduce heat to 350 and bake for 30 minutes.
13. Test with a skewer in the center. If it sticks, continue to bake. If it does not stick, it is ready.



Calories: 512  
Total fat: 33 g (saturated 7)  
Cholesterol: 26 mg  
Sodium: 414 mg  
Potassium: 413 mg  
Total Carbohydrate: 41 g (fiber 4g, sugar 3g)  
Protein: 14g

# Rice Balls

Also known as Omo Tuo. Palmnut and Peanut soup can be served with fufu, rice balls, cooked rice, plantains or yam.

SERVES 6



## INGREDIENTS

3 cups carolina or  
Jasmin rice\*

6-7 cups of water

\* For better  
consistency, try using  
short grain rice with  
higher starch content.  
You can also try  
combining with  
brown rice.

## DIRECTIONS

1. In a 10" saucepan, combine rice with 4 cups of water.
2. Cover and bring to a boil.
3. Reduce heat to medium and cook for 20 minutes.
4. Open saucepan and fluff gently with serving fork.
5. Pour another cup of water evenly over rice and let cook for 10 minutes.
6. Open and check consistency of rice. It should be softer than regular rice but firmer than risotto. Continue adding water and cooking as needed.
7. Remove from heat and mash with potato masher or wooden stick.
8. With an ice cream scooper, scoop rice and roll with moist hands into golf ball size. Continue rolling all the rice into balls.
9. Serve with peanut butter soup, palmnut soup or side of black-eyed beans.

Calories: 320

Total fat: 0g (saturated 0)

Cholesterol: 0 mg

Sodium: 6 mg

Potassium: 0 mg

Total Carbohydrate: 74 g (fiber 0g, sugar 0g)

Protein: 4g



# Baked Plantains



SERVES 4

## DIRECTIONS

1. Preheat oven to 380 degrees.
2. Peel and cut plantains into 4 slices.
3. Place them on a baking rack.
4. Bake in oven for 30 minutes or until golden brown.

**Calories:** 328

**Total fat:** 1g (saturated 0)

**Cholesterol:** 0 mg

**Sodium:** 11 mg

**Potassium:** 1340 mg

**Total Carbohydrate:** 86 g (fiber 6g, sugar 40g)

**Protein:** 3g

## INGREDIENTS

6 Ripe Plantains

# Waakye

SERVES 6

## INGREDIENT

1 cup rice

3 cups black eyed-beans

1/2 tsp salt

1/3 tsp baking soda

1 can coconut milk

6 cups water

## DIRECTIONS

1. Wash and place black eyed beans in a medium saucepan.
2. Cover  $\frac{3}{4}$  full of water, cook on high heat, for about 20 minutes.
3. Reduce heat after a rapid boil to medium to simmer.
4. Add about 2 cups of water if the black eye-beans are not soft and tender for about 10 minutes.
5. Add the rice and coconut milk to the cooking black eye-beans, with about 1.5 cup of water.
6. Add salt and baking power, stir and cook for about 20 minutes.
7. Stir with a serving fork, reduce to low heat and simmer about 10 minutes.
8. At this point the color of the rice and beans will have change to a light burgundy.
9. Turn of stove and allow to cool.
10. Serve with either beef, goat, fish or chicken stew with other condiments. Such as gari and cooked spaghetti.

**Calories: 386**

**Total fat: 12 g (saturated 10g)**

**Cholesterol: 1 mg**

**Sodium: 1002 mg**

**Potassium: 57 mg**

**Total Carbohydrate: 68 g (fiber 20g, sugar 3g)**

**Protein: 21g**





# Jollof Rice

Jollof is the favorite of many African countries, but is very popular in West Africa

SERVES 6

## INGREDIENT

3 cups rice  
1/4 cup olive oil  
1 lb chicken breast (or  
1.5 lb dried herring)  
2 large tomatoes  
1 large onion, diced  
2 jalapeño peppers  
1/2 tin tomato paste  
2 tsp fresh parsley  
2 tsp fresh basil  
2 dried bay leaves  
1/2 tbsp salt  
4 cloves garlic  
1 box low salt beef  
broth  
1/2 lb fresh green beans  
Optional: green  
peppers, carrots,  
cabbage or peas

## DIRECTIONS

1. Brown meat, drain the stock and set both aside for later use.
2. If you are using fresh jalapeño pepper, then blend the pepper, fresh tomatoes and onions together and pour into the saucepan. Or Place sliced or diced onions and pepper in a saucepan and fry for about 5 minute.
4. Add sliced or diced tomatoes, tomato paste, basil, chopped garlic, bay leave, salt and any desired spices.
5. Allow cooking for about 10 to 15 minutes when the sauce turns a bit dark and oil is red.
6. Add some of the sauce meat or the dried herrings.
7. Add in the broth and let it boil rapidly and add the rice.
8. Lower the heat and let cook for about 10 minutes.
9. Then add green beans and stir or fluff with a fork.
10. Leave to steam for about 5 minutes.
11. Remove from heat and serve with the sauté meat on the side.

**Calories: 584**

**Total fat: 10 g (saturated 2g)**

**Cholesterol: 44 mg**

**Sodium: 1981 mg\***

**Potassium: 1066 mg**

**Total Carbohydrate: 95 g (fiber 2g, sugar 4g)**

**Protein: 25g**

**\*For a low sodium version, reduce added salt**

# Bofrot

Frosted donut without the powdered sugar

**SERVES 4**

## INGREDIENTS

1.5 cups flour  
1.5 tsp active yeast  
1/4 cup sugar  
1 cup water  
1/8 cup warm water  
1 egg  
1/4 tsp salt  
1/2 tsp grated nutmeg  
1/4 tsp vegetable oil  
2 kebab sticks

## DIRECTIONS

1. Pour warm water in a mixing bowl.
2. Add yeast with a pinch of salt and let it rise or until you see foam on top.
3. Mix in flour, nutmeg, egg, sugar and salt. Mix well for about 5 minutes.
4. Allow mixture to sit for about 2-3 hours or until doubles in size.
5. In a medium saucepan, pour in the vegetable oil and let it heat for about 8 minutes on the stove on medium heat.
6. Use your hand or a tablespoon to scoop the dough mixture in small pieces into the heated oil.
7. Use the kebab stick to turn.
8. After cooking for 3 minutes until golden brown, remove with a flat strainer and cool.
9. Can be served with honey or sprinkle with powdered sugar.

**Calories: 289**

**Total fat: 2 g (saturated 1g)**

**Cholesterol: 47 mg**

**Sodium: 167 mg**

**Potassium: 69 mg**

**Total Carbohydrate: 61 g (fiber 1g, sugar 25g)**

**Protein: 6g**



