

Beef Soup

INGREDIENTS

1. 1 pound beef, cut into 1/2-inch pieces
2. 1 6-ounce can tomato paste
3. 1 tablespoon salt
4. 1 teaspoon red pepper
5. 1 teaspoon black pepper
6. 1/2 pound tomatoes, cut into 1/2-inch pieces
7. 3 quarts water
8. 1/2 pound onions, thinly sliced
9. 1/2 pound dried codfish, cut into small pieces
10. 1 large smoked fish (e.g., herring or mackerel), de-boned

Method:

1. Combine beef, tomato paste, salt, red pepper, black pepper, tomatoes, and 1 quart water in a pot and simmer for 1 hour or until meat is tender.
2. Meanwhile, place onions, codfish, and remaining 2 quarts water into a separate pot and simmer until fish is tender.
3. Combine beef and fish mixtures and simmer for 20 minutes. Add to soup and cook 10 minutes longer.
4. Serve with rice or *fufu*.