
“If Not for Me” Soup from Mozambique

From the cookbook *Flavors of Mozambique*: “During the war [civil war that ended in 1992] and especially in drought times, for instance from 1991-1992 when it did not rain, cabbage and peanuts with an occasional lion served with the local upswa [corn porridge] was all that many people had to eat. This mixture was given the name Se Nao Fosse Eu (If Not for Me) meaning if it wasn’t for this food, many more people would have died during this time.”— Olivia

Ingredients:

- 1 cabbage chopped
- 1 can coconut milk (the original recipe explains how to make coconut milk from fresh coconut)
- 3 tomatoes, chopped
- 1 medium onion, chopped
- 1 cup peanut flour (I haven’t found any here and use unsweetened peanut butter in its place)
- 1 cube boullion
- Salt to taste

Place the copped cabbage in a large pot and cover with a small amount of water. Cook until the cabbage begins to wilt. Add the coconut milk to the cabbage and bring to a boil for 10 minutes. Add tomatoes, onion, peanut flour, bullion cube and cook until tomatoes and onions are soft. Adjust salt to taste. Serve with upswa (grits or polenta would be a good substitute) or rice.

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