

# Fufu - Africa

## Ingredients:

2 yams or plantains  
1 pint water  
Vegetables and/or vegetable soup



## Instructions:

Peel yams or plantains and cut them into small pieces.

Place in boiling water and boil gently until soft.

Mash pieces and add small amounts of hot water to keep mixture moist.

When mixture becomes sticky and forms one lump, divide it into small bite-sized balls.

Serve with fresh vegetables and/or add to bowls of vegetable soup.

