

Jollof rice is typically made with long-grain rice, tomatoes, chilies, onions, spices, and sometimes other vegetables and/or meat in a single pot.



Peppersoup is made using various meats or fishes, chili peppers, scent leaves and calabash nutmeg as the primary ingredients. It is a spicy soup.





Moin-Moin is a bean pudding made from a mixture of washed and peeled beans and onions, fresh red peppers, spices, and often fish, eggs, and/or crayfish.



Akara is made from peeled beans, washed and ground with pepper then beaten to aerate them, and deep-fried in small balls.



Ewedu is a popular soup made with green jute leaves, amala (pounded yam), and dried fish.

Puff-puff is a ball-shaped doughnut made with flour, yeast, warm water, sugar, and salt.



Nkwobi is made with cow feet, utazi, ugba, peppers, onions, potash, ehu and seasonings.



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