

Irio

From – *Foods of Kenya*

2/3 cup canned kidney beans
2/3 cup frozen or fresh corn kernels
4 small potatoes, washed, peeled and cut into chunks
2/3 cup chopped spinach
2 Tbsp butter
salt & pepper to taste
lemon wedges for serving

- Place the kidney beans, corn, potatoes and spinach in a large pot with enough water to cover the contents.
- Cook over low heat until the potatoes are soft.
- Drain the water out of the pot.
- Transfer the contents to a large bowl and add the butter, salt and pepper.
- Mash the ingredients together.
- Serve with lemon wedges.



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