

Sukuma Wiki

From – *Foods of Kenya*

½ lb kale – chopped
1 small onion – chopped
2 Tbsp tomato paste
2 Tbsp olive oil
½ bell pepper – chopped
salt & pepper to taste
garlic powder to taste

- Heat the oil in a large frying pan over medium heat.
- Add the onion and cook until soft.
- Add the tomato paste, bell pepper, garlic, salt and pepper.
- Cook for about 5 minutes.
- Add the kale, cover the pan, and cook on low for 5 minutes.

NOTE: Beef or chicken can be added and is good served over rice. If adding meat add it right after onion.



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