

# chakula chetu



## BOILED BLACK NIGHTSHADE (*Esufuwa*) (Gekochter Schwarzer Nachtschatten)

By Florence Situma



### INGREDIENTS

- 4 bunches of black nightshade vegetables (Gekochter Schwarzer Nachtschatten)
- 300 mls of water
- 200 mls of milk
- 50 gms of cream



### PREPARATION

1. Wash the vegetables in clean water
2. Boil them in a pot of water for 20 minutes
3. Add cream and boil for 15 minutes
4. Add water and simmer for 10 minutes
5. Serve with Ugali (cornmeal mush) or any other carbohydrate



### NUTRITIONAL BENEFITS:

**Black nightshade:** Vitamin B, C, folic acid, magnesium, potassium, calcium, iron, sodium, zinc

**Milk/cream:** Protein, carbohydrates, sugar and fat