

chakula chetu



LISEBEBE (Pumpkin Leaf Vegetables)



INGREDIENTS

- A handful of Vine spinach *nderema*
- 2 handfuls of pumpkin leaves
- 250 mls of milk
- 200 gms of simsim paste or flour
- A pinch of salt
- 2 medium-sized tomatoes
- 1 litre of water
- 150 mls of indigenous tenderizer (*musherekha*)



PREPARATION

1. Wash the pumpkin leaves and detach from stalks
2. Cut leaves into small sizes
3. Put tenderizer in a *sufuria* (cooking pot)
4. Wash the leaves and add to *sufuria*
5. Boil until soft
6. Heat oil in a *sufuria*
7. Add onions
8. Fry until golden brown
9. Add vegetables
10. Simmer for 5 minutes
11. Add simsim paste and milk
12. Cook for five minutes
13. Serve with ugali



NUTRITIONAL BENEFITS:

Vine spinach: Vitamin C and A, plant protein, iron, calcium, magnesium, phosphorous and potassium and antioxidants

Pumpkin leaves: Niacin, dietary fiber, protein, vitamin A, E K, thiamin, riboflavin, vitamin B6

Milk/cream: Protein, carbohydrates, sugar and fat

Simsim: Fat, potassium, carbohydrates, protein, calcium, iron, Vitamin B6, magnesium