

chakula chetu



OMURERE & LIKHUBI (Jute & Cowpeas Leaves Mix)



INGREDIENTS

- 4 bunches *omurere*
- 2 bunches *likhubi* (cowpeas leaves)
- 1 tablespoon of salt
- 1/2 litre milk
- 2 tablespoons of cooking oil
- Onions leaves
- 1/2 cup of water
- 1/2 cup of *musherekha* (indigenous tenderizer)



PREPARATION

1. Wash the vegetables together and cut
2. Pour 1 1/2 cups of water in a sufuria or cooking pot and heat
3. Allow the water to boil for 5 mins and then add *musherekha*
4. After 1 minute, add the vegetables and cover.
5. Allow to simmer for 10 minutes while stirring from time to time until it cooks.
6. Put oil in cooking pot or sufuria and add onion slices
7. Put over medium heat until the onion slices are golden brown in colour
8. Add the cooked vegetables and pinch of salt
9. Stir the mixture and leave to cook for 5 mins
10. Add milk and let it boil for 5 minutes
11. Serve with ugali



NUTRITIONAL BENEFITS:

Jute Mallow: Beta carotene, iron, calcium, vitamin B, C and E, folate, fiber
Cowpeas leaves: Dietary fiber, protein, iron, magnesium, vitamin B6
Milk: Protein, carbohydrates, sugar and fat