

chakula chetu



KAMALASILE (Boiled Blood)



INGREDIENTS

- 1 litre of cow blood
- 1 bunch of spring onion
- ½ liters of fresh milk
- ½ liters of indigenous tenderizer (Musherekha)
- 1 teaspoon of salt



PREPARATION

1. Boil the tenderizer solution
2. Add blood and salt
3. Allow to cook for 15 minutes
4. Add milk and cook for 10 minutes
5. Add onions and cook until dry
6. Serve hot and eat plain or with ugali.



NUTRITIONAL BENEFITS:

Rich in protein, iron