

chakula chetu



OBWOBA (Mushroom Stew)



INGREDIENTS

- 100 gms of dried mushroom
- 1 Bunch of spring onions
- 25 mls of musherekha (Indigenous Tenderizer)
- 250 mls of fresh milk
- 250 mls of cream
- 1 teaspoon of salt
- 1/2 teaspoon of pepper (optional)



PREPARATION

1. Soak the dried mushroom in warm water
2. Wash for 20 minutes
3. Boil for 1 hour and add musherekha to soften it
4. While boiling, add the fresh milk as you stir.
5. Allow it to boil for 20 minutes
6. Add the cream, salt
7. Add pepper for seasoning (optional)



NUTRITIONAL BENEFITS:

Mushroom:

Fiber, proteins and vitamins

Milk:

Proteins, carbohydrates, sugar and fat