



BEANS AND SWEET POTATOES COMPOSITE (*Omushenye*) (Bohnen und Süßkartoffeln zusammengesetzt)

By Elizabeth Irusa



INGREDIENTS

- 1 kg of beans (Bohnen)
- 2 cobs of maize
- 10 medium sized sweet potatoes
- A pinch of salt



PREPARATION

1. Shell the maize
2. Wash the beans
3. Mix the maize and beans and boil in water until tender
4. Peel the sweet potatoes and chop into sizeable pieces
5. Add the sweet potatoes to tender maize and beans mixture, add salt, and boil again until the potatoes are ready.
6. Drain excess water
7. Simmer and mix
8. Allow it to cool before serving



NUTRITIONAL BENEFITS:

Sweet potatoes: Vitamin A, B6, C, iron, protein, magnesium, carbohydrates and dietary fiber

Beans: Potassium, protein, calcium, magnesium, iron and carbohydrates