

# chakula chetu



## SHIHANGO (Smoked Beef)



### INGREDIENTS

- 1kg of meat
- 1/4 cup of *musherekha* (indigenous tenderizer)
- 2 bulb onions
- 1/4 cup cooking oil
- 3 tablespoons of salt
- 3 cups of water



### PREPARATION

1. Wash the meat and sprinkle with salt
2. Dry using low heat for seven days
3. Cut into small pieces
4. Put in a cooking pan and add water
5. Boil for 1 1/2 hrs.
6. Cut the onions and add to the meat while still damp.
7. Add cooking oil and *musherekha* at a go
8. Boil for 10 minutes
9. Remove and serve hot with ugali



### NUTRITIONAL BENEFITS:

#### Beef:

Vitamin B6, Iron, magnesium and fat