

chakula chetu



EMIROO (Boiled Narrow Leaf)



INGREDIENTS

- 2 handfuls of *emiroo*
- 3/4 litre of water
- A pinch of salt
- 250 mls of indigenous tenderizer (*musherekha*)
- 250 mls of cream/milk
- 250 gms of ground simsim/groundnuts
- Bunch of spring onions



PREPARATION

1. Wash the *emiroo* leaves
2. Pluck the leaves from stalks
3. Boil water and *musherekha* for 10 minutes
4. Add a pinch of salt
5. Add vegetables and cover
6. Stir, cover and boil for 15 minutes
7. Add milk, ground simsim, ground groundnuts cream
8. Cut spring onions and add to the vegetables
9. Cook for 3 minutes
10. Serve hot with ugali, sweet potatoes, cassava, arrow roots or boiled green bananas



NUTRITIONAL BENEFITS:

Narrow leaf: Potassium, calcium, magnesium, iron, zinc, phosphorous

Milk/cream: Protein, carbohydrates, sugar and fat