

# chakula chetu



## JUTE & COWPEAS LEAVES MIX (*Omurere and Likhubi*)

By Mercy Akinyi



### INGREDIENTS

- 4 bunches *omurere* (jute)
- 2 bunches *likhubi* (cowpeas leaves)
- 1 tablespoon of salt
- 1/2 litre milk
- 2 tablespoons of cooking oil
- Onions leaves
- 1/2 cup of water
- 1/2 cup of *musherekha* (indigenous tenderizer)



### PREPARATION

1. Wash the vegetables together and cut
2. Pour 1 1/2 cups of water in a cooking pan and heat
3. Allow the water to boil for 5 mins and then add *musherekha* (tenderizer)
4. After 1 minute, add the vegetables and cover.
5. Allow to simmer for 10 minutes while stirring from time to time until it cooks.
6. Put oil in cooking pan and add onion slices
7. Put over medium heat until the onion slices are golden brown in colour
8. Add the cooked vegetables and pinch of salt
9. Stir the mixture and leave to cook for 5 mins
10. Add milk and let it boil for 5 minutes
11. Serve with Ugali (cornmeal mush)



### NUTRITIONAL BENEFITS:

**Jute Mallow:** Beta carotene, iron, calcium, vitamin B, C and E, folate, fiber

**Cowpeas leaves:** Dietary fiber, protein, iron, magnesium, vitamin B6

**Milk:** Protein, carbohydrates, sugar and fat