

chakula chetu



ESUFUWA (Boiled Black Nightshade)



INGREDIENTS

- 4 bunches of black nightshade vegetables
- 300 mls of water
- 200 mls of milk
- 50 gms of cream



PREPARATION

1. Wash the vegetables in clean water
2. Boil them in a pot of water for 20 minutes
3. Add cream and boil for 15 minutes
4. Add water and simmer for 10 minutes
5. Serve with ugali or any other carbohydrate



NUTRITIONAL BENEFITS:

Black nightshade:

Vitamin B, C, folic acid, magnesium, potassium, calcium, iron, sodium, zinc

Milk/cream:

Protein, carbohydrates, sugar and fat