



Food image courtesy of delish.com

Ingredients

- 500 gm ground spicy sausage
- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 tablespoon chilli powder
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 2 cups diced tomatoes
- 3 cups chicken stock
- 1 large bunch kale, chopped



Preparation Method

1. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
2. In a large pot, heat oil over medium heat (by slightly closing the *SuperSaver* air regulator). Add sausage and cook until golden and cooked through, about 6 minutes.
3. Add onion, garlic, red pepper, chili powder, cayenne pepper and oregano and cook until tender, 6 to 7 minutes. Add tomato paste and stir for 1 minute, then add diced tomatoes and chicken broth and bring to a boil. Reduce heat (by closing the *SuperSaver* air regulator) to a simmer and add kale.
4. Simmer until chilli has thickened, about 30 minutes.

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