

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Stewed Ndengu



Food image courtesy of nestle-ea.com

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Ingredients

- 3 cups pre-boiled ndengu (green grams)
- 1 large onion, chopped
- 2 tomatoes, chopped
- 2 beef stock cubes
- 2 cloves garlic, crushed
- 1 teaspoon grated ginger
- 1 green chilli, chopped (optional)
- ½ teaspoon cumin powder
- ¼ teaspoon turmeric powder
- ¾ cup water
- 2 tablespoons cooking oil
- 2 carrots, cubed & pre-boiled
- Few coriander leaves for garnish



Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. Heat oil over medium heat by slightly closing the **SuperSaver** air regulator in a saucepan and fry onions until light brown. Add ginger & garlic paste continue frying while stirring for 2 minutes.
3. Add tomatoes and all the spice powders; cook until the tomatoes turn mushy.
4. Add the pre-boiled green grams and pre-boiled carrots. Crumble in the beef stock cubes. Add water and stir well.
5. Cover pot and simmer for 5 minutes. Taste & adjust the seasoning. Garnish with coriander leaves.
6. Serve with hot with chapati or rice and see your family enjoy and want more!

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