



What a power house of nutrients this Broccoli and Pea Cabbage Stir Fry contains! It is wholesome, full of character, flavor and is super easy to make.

Ingredients

1/2 a cabbage, finely chopped

4 carrots, grated

1 can of peas, boiled

1 head of broccoli, chopped

2 small onions, sliced



Method

In a sufuria, put some vegetable oil and salt. Add the onions and let them sautee until they are soft.

Then add the cabbage, carrots and the broccoli. Mix it all up and let it stay on the heat undisturbed for about 5 minutes.

Then add the peas. Mix them in and let them stay on the heat for about 2 minutes.

Remove from the heat and serve.



SERVE WITH: ugali, chapati, rice, meat stews

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/broccoli-and-pea-cabbage-stir-fry/>