



A traditional vegetable of the Kenyan people with full flavor, wholesome nutritional value and extremely delicious. My creamy kunde recipe plays all this up.

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### Ingredients

- 1 kg of kunde, picked and boiled
- 2 red onions, chopped
- 2 cloves of garlic, minced
- 1/4 size of thumb sized garlic
- 1/2 green bell pepper, finely chopped
- 1 cup of cream

## Method

Pick the leaves and put them to boil. If you have some sherekha, add a tablespoon or two to tenderize it and add a tone of flavor. (refer to blog post on what sherekha is)

Put the diced onion, diced green bell pepper and the minced garlic and ginger to cook with some oil. Add some salt as per your preference and let these sautee until they soften and become aromatic.

Add the boiled kunde and allow it to simmer on medium high heat for 3-5 minutes.

Then lastly, add the cream and mix it in. Let this simmer for about 4 minutes then serve.



SERVE WITH: preferably ugali and your favorite protein

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/creamed-garlic-kunde/>