



This is a popular Kenyan meal and since it's easy to make at home, why not go all out? This Peppery Carrot and Garlic Ndengu will leave you speechless!

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### Ingredients

2 cups of ndengu (green grams)

4 tomatoes, grated

Spring onion, a handful

6 cloves of garlic, minced

1 heaped tablespoon of black pepper

1/2 a tablespoon of whole cumin seeds

2 tablespoons of tomato paste

2 heaped tablespoons of Royco

3 carrots, finely diced



## Method

Boil your ndengu and set them aside.

In a separate sufuria, heat your vegetable oil and add your cumin seeds. Once they start to sizzle, add the spring onion and let this stay on the heat for about 2 minutes, or until they soften.

Add the grated tomatoes and the garlic and mix. Follow this with the two table spoons of tomato paste. Add 1/4 cup of hot water, turn down the heat and let this simmer for about 5 minutes.

Add your ndengu and the diced carrots and mix it in with everything. Mix in your royco and black pepper with some hot water to form a paste and mix it with the ndengu. Cover with the lid and let this simmer for about 10-15 minutes on low heat so that all the flavors meld.

Serve hot.



SERVE WITH: some chapati or rice.

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