



An all-Kenyan meal with global flavor profile. This recipe is easy, visually appealing & very healthy too. This pea and potato stew will blow you away.

Ingredients

2 tablespoons of tomato paste

1 large onion, diced

3 carrots, cubed

2 beef cubes

4 cloves of garlic, finely chopped

1 tablespoon of ground cumin

2 tablespoons of royco

1/2 tablespoon of black pepper

1 can of peas, boiled

5 large potatoes, cubed



Salt to taste

1 green bell pepper finely diced

Fresh coriander for garnish

Method

In a sufuria, heat some vegetable oil and add the onions and garlic. Add the black pepper, cumin powder and salt so that they cook with the onions at this stage.

Once the onions have softened, add the tomatoes and the tomato paste. Add 1/4 cup of hot water and let this simmer for about 4 minutes. Then add the carrots and let these simmer for about 2 minutes. Then add your potatoes.

Once the potatoes are almost done, add the peas and the green bell pepper. The peas are added towards the end because they were already boiled prior.

You will know the stew is ready when a fork passes through easily through one of the potatoes. Once you have confirmed this, garnish and serve hot.



SERVE WITH: preferably with hot chapati, a rice dish, or whatever you fancy 😊

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