

# garlic and cumin MATOKE

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A good recipe can transform anything into a great meal. Considering there are many ways to make matoke, my garlic & cumin can easily become your favorite.

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## Ingredients:

9 Matoke, peeled and sliced

2 tomatoes, grated

5 garlic cloves, minced

1 red onion, finely diced

1 teaspoon of tomato paste

1/2 a teaspoon of ground cumin

1/2 a teaspoon of white pepper

Salt to taste

## Ingredients

In a sufuria, heat up some vegetable oil and add the onion and the minced garlic. Let this simmer until it is fragrant and slightly brown (Key word: slightly)

Add the tomatoes, tomato paste and the spices. Add some hot water to this and let this simmer down for about 5-10 minutes.

Add the chopped matoke and mix them in. Add 1/2 a cup of hot water and cover with a lid. Let this cook for about 15-20 minutes. Test with a fork and once the matoke are completely soft and have turned yellow, they are ready.

Serve and garnish.



**SERVE WITH:** on its own or with your preferred meat stew

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