



As a githeri lover, I like finding new ways of making one of my all-time favorite Kenyan meal delicious. This sage and garlic githeri is currently my family's favorite recipe and I am sure you will love it just as much.

Ingredients:

1 teaspoon of black pepper seeds

1 medium sized birds eye chilli

1/2 a teaspoon of dried sage

1/2 a teaspoon of curry powder

4 garlic cloves

900 g of boiled githeri (maize and beans)

1 red onion, finely diced

3/4 tablespoon of royco all spice mix

2 tomatoes, grated

1 teaspoon of tomato paste

Salt to taste

Ingredients

Put the garlic, the black pepper seeds, the diced chilli and the sage in a kinu (pestle and mortar) and grind it all up until it forms a paste.

In a sufuria, heat up some vegetable oil and add the red onion and the garlic paste you have just pounded. Let this simmer on medium high heat until the onions have softened.

Add the tomatoes, the tomato paste and 1/4 cup of hot water then allow this to simmer for about 5 minutes. This allows the tomato paste flavor to develop and the sauce to thicken.

Thereafter, add the beans and mix them in. In a small cup, mix the royco and curry powder with some water and form into a paste. Add this to the githeri and mix in. Turn down the heat and let this simmer for 10-15 minutes. If you find the soup drying up, add a small bit of water just to prevent it from burning up.

Chop up some fresh coriander and mix it in. Turn off the heat and serve.



SERVE WITH: on its own and accompanied with avocado slices or guacamole

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