



PLANETERRA PROJECT RECIPES

LUSUMPUKO WOMEN'S CLUB

GWATA KWATA

by Lusumpuko Women's Club

Gwata Kwata is a traditional peanut sauce that can be enjoyed both on vegetables as well as meat!

Ingredients

- 250ml or 1 cup Vegetable oil/
Olive oil
- 4 Large Onion grated
- 6 Large Tomato
- ½ teaspoon salt
- 375mls or 1 1/2 cups Sugar-free
Peanut Butter
- ½ Green Bell Pepper or ¼ bunch
spring Onion chopped (substitute
one for the other, never use both)
- ½ Yellow Bell Pepper chopped
- ½ Red Bell Pepper chopped
- 500ml or 2 cups water

Directions

- 1.Heat the cooking oil
- 2.Add onions and saute lightly
- 3.Add tomatoes and stir until the mixture is a thick
paste
- 4.Add peanut butter and stir gently on medium heat
- 5.Stir mixture continuously to avoid sauce from
sticking, while adding salt and water to desired
thickness
- 6.Once sauce starts bubbling, reduce heat to low and
leave to simmer for 15 minutes
- 7.Sprinkle the peppers on the sauce and gently
continue stirring

Serve while hot!

COOKING TIME: 25 MIN

SUGAR BEANS STEW

by Lusumpuko Women's Club

Ingredients

- 500g or 2 1/3 cups dried sugar beans (you can also substitute sugar beans with dried speckled beans, borlotti beans, or black eyed peas)
- ½ tablespoons salt
- 3 Tomatoes grated
- 2 Large onions chopped
- 250ml or 1 cup Vegetable oil/
Olive Oil
- 1 Large Green Bell Pepper
- ¼ bunch Spring onion
- Curry Powder (optional)

Directions

1. Wash beans thoroughly, and then soak in hot water for 30 minutes
2. Add beans to pot filled with water and boil until the beans are soft and water has turned into a thick sauce
3. In a separate Saucepan, add cooking oil and salt in high heat
4. Lower the heat and add onions
5. Add tomatoes and stir until a thick paste
6. Add curry powder and stir continuously until desired consistency (optional)
7. Add the boiled sugar beans and sauce into the paste and mix well
8. Leave to simmer for 25 minutes
9. Add green pepper and spring onion and mix well on low heat leave to simmer for an additional 10 minutes

COOKING TIME: 2 HOURS