

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 vegtables as well as meat!

## Ingredients

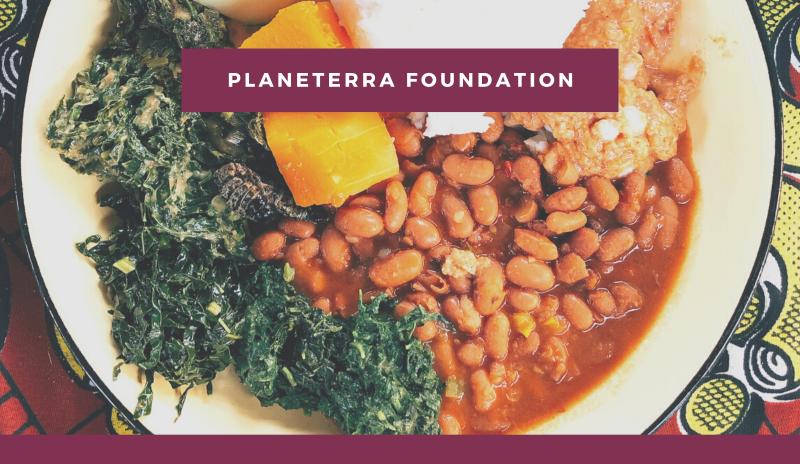
- 250ml or 1 cup Vegetable oil/
   Olive oil
- 4 Large Onion grated
- 6 Large Tomato
- ½ teaspoon salt
- 375mls or 1 1/2 cups Sugar-free
   Peanut Butter
- ½ Green Bell Pepper or ¼ bunch spring Onion chopped (substitute one for the other, never use both)
- 1/2 Yellow Bell Pepper chopped
- ½ Red Bell 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
- 14 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**