COOK WITH CARE
ACKNOWLEDGEMENTS

CARE Canada would like to thank our generous donors and the Department of Foreign Affairs, Trade and Development Canada. Their combined support has enabled us to produce this cookbook.

We would also like to acknowledge the Zimbabwe Ministry of Health and Child Care—and District Nutritionist Rutendo Kandawasvika-Magwenzi in particular—the Department of AGRITEX (Ministry of Agriculture) and those working in Gweru District for offering their expertise and support.
This recipe book was originally produced as part of CARE Canada’s Muskoka Initiative project to improve the health and nutrition of vulnerable women and children in Ethiopia and Zimbabwe.

The recipes were developed by CARE staff in Zimbabwe working closely with local communities and health agencies, by the Government of Malawi through its Department of Nutrition, HIV and AIDS and with the support of partners and community members to create nutritious meals using local ingredients.

Recipes from this book are used as a teaching aid in CARE community cooking demonstrations and nutrition education sessions where participants learn about cooking nutritious meals using local ingredients, preserving food, good hygiene
practices, and the importance of involving fathers in infant care and child feeding.

Feedback from such sessions has been extremely positive. Participants from many communities have asked to host their own cooking sessions so they may cook every recipe in the book.

Said one local teacher, “The recipes will go a long way in educating my students as well as the communities.” He added the recipes will help his job as a home economics teacher and encourage male students in particular to enjoy cooking.

We hope that you will enjoy trying out some of these recipes at home.

A note on hygiene
Always wash hands thoroughly with soap/ash before handling food.
SOUTHERN AFRICAN RECIPES

PEANUT BUTTER DISHES
- Dried meat in peanut butter sauce
- Green Leafy vegetables in peanut butter sauce
- Kapenta in peanut butter sauce
- Potatoes in peanut butter sauce
- Dried mushrooms in peanut butter sauce

RECIPES FOR YOUNG CHILDREN
- Sour/fermented porridge
- Mashed pumpkin and sweet potato
- Enriched porridge
- Porridge for Children
- Porridge meal enriched with Matamba and/or Mazhanje juice
- Mashed potatoes mixed with carrots
- Rice enriched with pumpkin
- Maize meal enriched with lemon or orange juice
- Maize and roundnuts/groundnuts soup (Chinyitop/Chinzutop)
- Pumpkin porridge (Nhopi)
- Enriched fried Kapenta
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NUTRITIOUS FOODS

Ripe banana chikondamoyo
Sorghum with fried onions and tomatoes
Irish potato mash with beans or pounded/minced meat
Rice peas and carrots
Eggplant with onion and tomato
Bean stew
Cassava chips
Roasted soya

FRUIT JUICES

Guava juice
Mango fruit juice
On realizing that they were able to do the cooking, community members said that, with the support of their local AGRITEX officers, they would organize additional cooking demonstrations and conduct them regularly in order to try every recipe in the book. One school teacher said, “Being male, the recipes will go a long way in educating my students as well as the communities.” He added that the recipes will help ease his job as a home economics teacher and encourage male students to enjoy cooking.
SOUTHERN AFRICAN RECIPES
PEANUT BUTTER DISHES

KAPENTA IN PEANUT BUTTER SAUCE
DRIED MEAT IN PEANUT BUTTER SAUCE

Ingredients

¼ kg biltong or dried meat  
3 tablespoons peanut butter (you can add more depending on the amount of meat available)  
Salt to taste  
Water

Note:
You can repeat recipe to prepare the following: dried mbeva, dried Mopani worms (madora), dried birds, dried locusts, or dried termites.

Method

1. Boil meat in salty water until well cooked
2. Drain water from meat, reserving a half cup
3. Add peanut butter to reserved cooking water and mix until a smooth paste is formed
4. Mix paste with boiled meat
5. Simmer and serve with sadza (maize-meal, sorghum meal, millet meal) or rice
GREEN LEAFY VEGETABLES IN PEANUT BUTTER SAUCE

Ingredients

Any type of leafy vegetables (e.g. spinach, muboora, rape, covo, blackjack, kale)
1 tomato, diced
2 tablespoons peanut butter
½ teaspoon salt
Water

Method

1. Boil ¼ cup water and add salt
2. Wash vegetables and cut into smaller pieces
3. Place vegetables in pot with boiling water and cook briefly
4. Add the tomatoes to the cooking vegetables
5. Add peanut butter and stir continuously until well mixed
6. Cover and let it simmer
7. Serve with sadza (prepared from maize-meal, sorghum meal, millet meal) or rice
KAPENTA IN PEANUT BUTTER SAUCE

Ingredients
1 cup kapenta (matemba)
1 onion, diced
1 tomato, diced
2 tablespoons peanut butter
Water

Method
1. Soak kapenta in cold water for 30 minutes
2. Drain water from kapenta carefully, reserving half a cup
3. Fry kapenta until cooked
4. Pour drained water in a cup
5. Add diced onion and tomato to the kapenta and cook until softened
6. Add peanut butter to half cup of stock and mix until a smooth paste is formed
7. Add peanut butter paste to kapenta and mix thoroughly
8. Cover and simmer for a few minutes
9. Serve with sadza (prepared from maize-meal, sorghum meal, millet meal) or rice
**POTATOES IN PEANUT BUTTER SAUCE**

**Ingredients**

- 2 cups diced potatoes
- ½ cup chopped tomatoes
- 2 tablespoons peanut butter
- Salt to taste

**Method**

1. Boil potatoes in salty water until soft and cooked
2. Drain and set aside, reserving at least half a cup of water
3. Leave potatoes on the fire and add tomatoes
4. Cook until tomatoes are tender
5. Add peanut butter to half cup of the stock and mix thoroughly until a smooth paste is formed
6. Mix peanut butter paste and potatoes, stirring occasionally
7. Cover and simmer for a few minutes
8. Serve with sadza (prepared from maize-meal, sorghum meal, millet meal) or rice
DRIED MUSHROOMS IN PEANUT BUTTER SAUCE

Ingredients

1 cup dried mushrooms
1 tomato, chopped
1 onion, chopped
2 tablespoons peanut butter
Salt to taste
Water

Method

1. Boil mushrooms in water until cooked

2. Drain water

3. Add tomatoes and onions to the mushrooms and cook

4. Add salt and peanut butter

5. Cover and simmer for 5 to 10 minutes

6. Serve with sadza (prepared from maize-meal, sorghum meal, millet meal) or rice
RECIPES FOR YOUNG CHILDREN

PUMPKIN PORRIDGE (NHOPI)
SOUR/FERMENTED PORRIDGE

Ingredients

1 cup mealie meal
2 cups water
Sugar to taste
Water

Note:
You can use maize meal, sorghum, millet or rapoko.

Method

1. Soak mealie meal in water for a day or two
2. Boil mixture while stirring continuously
3. Simmer for 5 to 10 minutes
4. Add sugar to taste
One woman who was part of a group preparing mashed potatoes with carrots said, “I wish my daughter-in-law had not travelled, she could have benefited from all these recipes especially the pumpkin and sweet potato porridge for my grandchild.”
MASHED PUMPKIN AND SWEET POTATO

Ingredients

- ½ cup chopped sweet potatoes
- 1 cup chopped pumpkin
- 1 tablespoon peanut butter
- Milk or fresh cream (optional)

Method

1. Cook sweet potatoes until cooked
2. Add pumpkin and cook until well done
3. Mash the pumpkin and sweet potatoes until well mixed
4. Add the peanut butter and mix well
5. Add milk or fresh cream if desired
ENRICHEP PORRIDGE

Ingredients

¼ dried beans
¼ soya beans (optional)
3 cups water
1 cup mealie meal
Salt and sugar to taste

Method

1. Pound the beans in a mortar
2. Boil the water
3. Add the beans mixture and mealie meal to the boiling water
4. Boil until well done
5. Simmer for 10 minutes
6. Add sugar and salt to taste
PORRIDGE FOR CHILDREN

Ingredients

1 cup roasted peanuts
2 cups maize meal
½ cup sorghum
3 cups of water
1 cup milk
½ cup fresh cream

Method

1. Pound peanuts in a mortar until well done
2. Mix maize meal, sorghum and the pounded peanuts in bowl
3. Mix ½ cup of mixture with 1 cup water
4. Place mixture in a pot
5. Boil water 2 cups of water and add to mixture (stirring continuously)
6. Leave to simmer for 20 minutes (add a little water if mixture is too thick)
7. Add sugar if desired, and milk or fresh cream
8. Store the remaining mixture in a clean container
PORRIDGE MEAL ENRICHED WITH MATAMBA AND/OR MAZHANJE JUICE

**Ingredients**
- Matamba
- Mazhanje
- Maize meal
- Water
- Salt to taste
- Sugar to taste

**Method**
1. Wash the fruits thoroughly and remove the outer coverings
2. Use a whisk (musika) to thoroughly mix the inner fruits
3. Use a sieve to extract the juice and boil it
4. Add mealie meal to the boiling juice
5. Stir continuously, breaking up lumps
6. Add sugar and salt and simmer for about 5 to 10 minutes
7. Serve hot
MASHED POTATOES MIXED WITH CARROTS

Ingredients

4 medium sized potatoes cut into cubes
3 grated carrots
½ cup fresh milk
Salt
1 tablespoon cooking oil or butter

Method

1. Boil the potatoes and the carrots separately until tender

2. Mix the carrots, potatoes, fresh milk, salt and cooking oil/butter and mash well

Note:

Makes an excellent meal for children.
Can also be served with vegetables
Pumpkin recipes are popular following the harvest period. Some community members who felt that pumpkins did not taste nice used them as feed for pigs and donkeys. The recipes provided use different methods for cooking pumpkins that give a much different—and better—taste. Those who learned new ways of preparing and cooking pumpkins agreed they would no longer waste the gourds.
RICE ENRICHED WITH PUMPKIN

Ingredients

- 3 tablespoons cooked beans
- ½ cup cooked and mashed pumpkin
- ½ cup cooked rice
- 2 tablespoons chinjotop/chinzutop soup mix (Previous recipe)

Method

1. Mash the cooked pumpkin and cooked beans
2. Mix the mashed beans, mashed rice and mashed pumpkin
3. Add soup to the mixture
4. Give to children
MAIZE MEAL ENRICHED WITH LEMON OR ORANGE JUICE

**Ingredients**

- 8 ripe oranges or lemons
- 5 cups maize meal

**Method**

1. Cut the fruits into halves
2. Squeeze the juice and discard the seeds
3. Mix the maize meal and the juice until well mixed
4. Dry the maize meal under the direct heat of the sun or in a solar drier
5. Roast the meal briefly
6. Keep in a dry and clean container
7. Use the maize meal to prepare children’s porridge
MAIZE AND ROUNDNUTS/GROUNDNUTS SOUP (CHINYITOP/CHINZUTOP)

Ingredients

2 cups roundnuts (or 1 cup groundnuts)
1 cup maize meal (use 2 cups maize grains if using groundnuts)
½ cup chopped onions
2 cups chopped tomatoes
2 teaspoons salt
1 teaspoon paprika

Method

1. Cook the roundnuts/groundnuts and the maize grains separately until well cooked
2. Mix tomatoes, onions, paprika and salt in a mixing bowl
3. Pound the maize grains in a mortar
4. Pound the groundnuts/roundnuts in a mortar as well
5. Mix all the ingredients
6. Dry the mixture until all the water has evaporated
7. Roast in a frying pan until golden brown
8. Sieve the mixture using a size 1 sieve
9. Keep in a dry and clean container and use as a soup powder.

Note:
You can use one tablespoon of the soup and ½ cup of water to thicken your soup dishes.
PUMPKIN PORRIDGE (NHOPI)

Ingredients

Cooked medium sized pumpkin
Salt and sugar to taste
2 cups mealie meal
Half cup peanut butter

Note:
You can use eggs or minced meat in place of peanut butter

Method

1. Mash pumpkin well
2. Add sugar and salt to the mealie meal
3. Mix the mealie meal and the hot mashed pumpkins and add a little bit of water
4. Add peanut butter and mix well
5. Let the mixture simmer until the mealie meal is well cooked
ENRICHED FRIED KAPENTA

Ingredients

1 cup matemba
1 tablespoon flour
1 beaten egg
1 tablespoon cooking oil

Method

1. Roast matemba in a pan
2. Soak the fried matemba in hot water for about 5 to 10 minutes
3. Sieve the matemba to remove all the water
4. Heat oil in a pan
5. Coat matemba with flour
6. Coat again with eggs
7. Fry until golden brown and serve with sadza or rice
BREAD AND BUNS

SODA BREAD
COWPEAS (NYEMBA) BUNS

Ingredients
3 cups of cowpeas (nyemba)
2 cups wheat flour
1 teaspoon yeast
¼ sugar (or less depending on taste)
½ cup cooking oil
¼ cup milk

Method
1. Pound cowpeas until a powder is formed
2. Mix cowpeas and wheat flour together
3. Add sugar and yeast
4. Add cooking oil and knead until small crumbs are formed
5. Pour milk and continue kneading until a smooth dough is formed
6. Place dough in a clean plastic bag and let it rise
7. Grease pan with oil and place dough in pan
8. Scrub a little water mixed with sugar on top and bake
SODA BREAD

Ingredients

½ cup peanuts (shelled)
4 tablespoons sugar
2 cups wheat flour
1 teaspoon baking soda
1 cup full cream milk/water
½ teaspoon salt
2 eggs

Method

1. Roast peanuts until golden brown
2. Pound peanuts in a mortar
3. Mix sugar, flour and soda well
4. Add pounded peanuts to the flour mix
5. Add milk/water and mix well
6. Beat eggs in a separate container and add salt
7. Add eggs to the dough mixture a small amount at a time, mixing as you go
8. Grease baking pan with oil
9. Place dough into pan and bake in oven at 425ºF for 35 to 40 minutes.
SOYA BREAD

Ingredients

½ cup soya flour
½ cup mealie meal
¾ cup plain flour
4 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1 egg
Butter
½ cup fresh milk

Method

1. Sieve all flours into one mixing bowl
2. Sieve baking powder, sugar and salt into the flour mixture
3. Beat butter and eggs together in a separate bowl
4. Heat milk and add to the butter/egg mixture
5. Add mixture to the flour and mix thoroughly
6. Place dough into a well-greased baking pan
7. Bake in oven at 350ºF for 30 minutes
ENRICHED SORGHUM BREAD

Method

1. Mix butter, sugar, lemon peels, salt and orange juice in a bowl
2. Add 1 cup flour to the mixture
3. Add 1 egg and mix
4. Add 1 cup sorghum and mix well
5. Add another egg, milk, and the rest of the flour
6. Mix the remaining egg with baking powder and pour into the cake mixture
7. Mix thoroughly until a smooth dough has been formed
8. Pour dough into greased baking pan
9. Bake

Ingredients

3 tablespoons butter
¾ cup sugar
Grated lemon peels
2 tablespoons orange juice
2 cups wheat flour
3 eggs
1 teaspoon baking powder
1 cup sorghum meal
1 cup fresh milk
INDIGENOUS FRUIT BISCUITS

Ingredients
1 cup flour
3 tablespoons butter
4 tablespoons fruit flour (made from an assortment of traditional fruits)
1 teaspoon baking powder
2 eggs
1 cup fresh milk

Note:
You can also use flour extracted from pumpkins, sweet potatoes and/or yams instead of fruit flour.

Method
1. Mix flour and butter together
2. Knead until rice like grains are formed
3. Mix fruit flour and baking powder, add sugar to taste
4. Add to the rice like grains mixture
5. Add eggs and continue kneading
6. Add milk and mix until dough is no longer sticky
7. Sprinkle a little flour on a cutting board or hard surface
8. Put dough onto the sprinkled flour and flatten
9. Cut dough into preferred shapes and sizes
10. Grease baking tray and line biscuits
11. Bake
KAPENTA ROUND PANCAKES (MAFETIKUKU)

### Ingredients
- 6 cups flour
- 2 cups kapenta
- 2 eggs
- 2 cups fresh milk
- 1 onion, diced
- 1 ½ cups cooking oil
- Salt to taste

### Method
1. Sieve flour and set aside
2. Remove dirt from kapenta and also set aside
3. Beat eggs in a bowl and mix with fresh milk
4. Add kapenta, onions, flour to egg and milk mix
5. Add salt
6. Heat oil
7. Deep fat fry a tablespoon-size of dough until golden
8. Serve as breakfast
PUMPKIN FRITTERS

Ingredients

½ ripe pumpkin
2 cups flour
Sugar/salt to taste
¼ cup cooking oil

Method

1. Peel pumpkin and chop into tiny pieces
2. Boil pumpkin until tender and mash
3. Add a small amount of flour at a time to the mashed pumpkin, mixing thoroughly as you go until a smooth paste is formed
4. Add water if needed to loosen paste
5. Add sugar or salt to taste and set aside
6. In a frying pan, heat cooking oil
7. Deep fat fry your dough tablespoon sizes at a time until golden brown
8. Serve with tea or mahewu
DRINKS/JUICES

BAAOBAB FRUIT JUICE
PAWPAW FRUIT JUICE

**Ingredients**

1 small pawpaw  
1 cup sour milk  
Sugar (optional)

**Method**

1. Wash, peel and cut pawpaw into small pieces
2. Mash well
3. Add sour milk and sugar
4. Mix well
# FRUIT JUICE

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<tr>
<th><strong>Ingredients</strong></th>
<th><strong>Method</strong></th>
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<tr>
<td><em>Different varieties of ripe fruits</em></td>
<td>1. Peel and cut fruit into small pieces</td>
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<td>2. For every 1 cup of fruit, add 3 cups of water; bring water to boil</td>
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<td>3. Add sugar to taste</td>
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<td>4. Allow to cool</td>
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<td>5. Keep in a clean container and drink as desired</td>
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BAOBAB FRUIT JUICE

Ingredients
2 cups baobab fruit seeds
2 tablespoons sugar

Note:
Bambara, groundnuts or okra seeds can be used as substitutes

Method
1. Roast seeds until golden brown
2. Add sugar, roast until sugar dissolves
3. Allow to cool
4. Pound and sieve until powdered
5. Keep in a clean and tightly sealed container
6. Drink the same way as tea
OTHER NUTRITIOUS FOODS

OIL EXTRACTED FROM MASHAMBA SEEDS
VEGETABLES WITH SOYA

Ingredients

1 bundle vegetables (such as rape or covo)
4 tomatoes diced and chopped
1 medium sized onion chopped
1 cup soya flour
Salt to taste
Water

Method

1. Wash vegetables and cut into smaller pieces
2. Bring to boil
3. Add tomatoes and onions and let boil until cooked
4. Mix flour with 1 cup of water and boil for 10 minutes or until a thick paste has been formed
5. Mix vegetables with soya paste
6. Add salt to taste
7. Serve with sadza
NYEVHE WITH CREAM

Ingredients

3 cups Nyevhe
2 tablespoons cooking oil
1 cup cream
Salt to taste
Water

Method

1. Place Nyevhe and cooking oil in a pot with boiling water
2. Boil Nyevhe until well cooked (turn once)
3. Drain water from Nyevhe
4. Pour cream onto the Nyevhe and let it simmer for 5 to 10 minutes
5. Serve with sadza
## OIL EXTRACTED FROM MASHAMBA SEEDS

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<th>Ingredients</th>
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<td><em>Mashamba seeds</em></td>
<td>1. Fry seeds until brown and hard</td>
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<td><em>Water</em></td>
<td>2. Pound seeds in a mould and sieve</td>
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<td>3. Continue pounding and sieving until smooth</td>
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<td>powder is formed</td>
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<td>4. Boil water and pour powder into the water</td>
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<td>5. Stir until the mixture is boiling</td>
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<td>6. Continue stirring for 10 to 20 minutes</td>
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<td>7. Set aside and let cool</td>
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<td>8. After a while, some oil will be formed at the</td>
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<td>top of the basin. Drain the oil and put in a clean,</td>
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<td>dry container with lid.</td>
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MALAWI INSPIRED RECIPES

REPRINTED FROM RECIPE BOOK FOR MALAWI, PUBLISHED BY THE GOVERNMENT OF MALAWI.
NUTRITIOUS FOODS

CASSAVA CHIPS (TCHIPISI CHA CHINANGWA)
RIPE BANANA CHIKONDAMOYO

Ingredients

4 ripe bananas
3 Cups whole maize flour
(mgaiwa) or fortified whole maize flour where possible
1 egg
1-tea spoon bicarbonate of soda
Salt to taste
1 teaspoon lemon juice if available

Method

1. Mix the dry ingredients
2. Add mashed bananas and egg
3. Thoroughly beat mixture
4. Add lemon juice and beat to mix
5. Pour in a greased pan
6. Bake till brown

Note:
This is good for breakfast and as a snack to take to the garden, work, on a journey and for school children to eat during break time.
Likuni phala flour or a mixture of 1 cup soya flour and 4 cups mgaiwa can be used instead of whole maize flour only to make the chikondamoyo even more nutritious.
SORGHUM WITH FRIED ONIONS AND TOMATOES

Ingredients
2 cups cooked sorghum seeds
2 to 3 medium size tomatoes
1 medium onion
2 tablespoons cooking oil – optional
Salt to taste

Method
1. Fry onions and tomatoes
2. Add salt, sorghum seeds and enough water to cover
3. Simmer on low fire until sorghum seeds are cooked
4. Serve with relish such as fish, bean stew, beef stew, caterpillars or eggs or on its own
5. and a fruit in season
IRISH POTATO MASH WITH BEANS OR POUNDED/MINCED MEAT

Ingredients

10 to 15 small white potatoes (Known as Irish potatoes in Southern Africa)
1/2 cup boiled beans or cooked pounded/minced meat
2 medium size tomatoes
2 green peppers
2 tablespoons cooking oil (optional)
Salt to taste

Method

1. Wash and peel potatoes
2. Boil the peeled potatoes for 10 minutes
3. Add the pre-cooked beans or pounded/minced meat
4. Add diced onions, tomatoes
5. Simmer until onions and tomatoes are thoroughly cooked
6. Stir to mix well
7. Mash and serve with rice, nsima or add to baby’s porridge. You can also eat it as a meal on its own
8. Serve with vegetables and fruit in season. It can also be served to a sick person or an elderly person.
RICE PEAS AND CARROTS

Ingredients
2 cups rice
1 cup peas
2 or 3 carrots
Salt to taste
2 teaspoon cooking oil
Water

Method
1. Sort out the rice and wash
2. Boil rice until nearly cooked
3. Sort and wash peas
4. Wash and scrape the outside of carrots
5. Wash and dice carrots into small cubes
6. Add peas and carrot to the cooking rice.
7. Cover the pot and reduce heat and let it cook for 10 – 15 minutes
8. Serve as main meal with a fruit in season
EGGPLANT WITH ONION AND TOMATO

Ingredients

3 eggplants
3 medium tomatoes
2 onions
1 medium green pepper (Optional)
1 medium carrot (optional)
1 clove of garlic (optional)
Cooking oil
Salt to taste

Method

1. Wash and cut the eggplants into pieces
2. Boil in salted water for a short time (5 minutes)
3. Place the eggplant pieces in a frying pan over low heat
4. Keep on turning the pieces until wilted
5. Fry onions, tomatoes, green pepper, crushed garlic, and carrot and add to the eggplants
6. Simmer for 2 minutes
7. Serve with rice, nsima, potatoes or cassava and fruit in season
BEAN STEW

Ingredients

1 cup beans (soaked overnight)
3 medium potatoes (optional)
1 coconut (dry) to yield 2 cups milk (optional) or fresh milk
1 tablespoon salt
1 green pepper (optional)
1 spring celery or coriander leaf (optional)
4 cloves garlic

Method

1. Cook the beans with the coconut milk or fresh milk and salt until tender.

2. Add potatoes, chopped onion, pepper, garlic and other seasonings.

3. Cook for another 20 minutes or until potato is cooked.

Note:

Serve hot with nsima, rice, sweet potatoes, cassava or green bananas.
CASSAVA CHIPS (TCHIPISI CHA CHINANGWA)

**Ingredients**

1 small fresh cassava root  
1 cup cooking oil  
Salt to taste  

**Method 1**

1. Wash and peel the cassava root  
2. Cut the cassava into thin strips  
3. Put the cassava stripes in a small pot  
4. Boil cassava stripes in 2 cups of water for 5–10 minutes  
5. Heat oil in a frying pan on low heat.  
6. Fry until slightly brown  
7. Remove from the frying pan and sprinkle with salt  
8. Serve warm as a snack

**Note:**
Cassava chips can be prepared using either of the two methods

**Note:**
This is a good snack for people working in the field and school children to eat during break

**Method 2**

1. Wash and peel cassava root  
2. Chip the cassava using a knife  
3. Heat oil in a frying pan  
4. Fry the chipped cassava until slightly brown  
5. Remove from the frying pan and sprinkle with salt  
6. Serve warm as a snack
ROASTED SOYA

Ingredients

Shelled soya beans
Salt (Optional)
water

Method

1. Put shelled beans in a pot/pan
2. Roast until done
3. Add diluted salts and continue roasting until dry (Optional)
4. Serve as a snack
In Gweru (Zimbabwe), most women said they would share the recipes and conduct demonstrations at their women’s clubs and women’s societies within their churches. They also said they would use the recipe books to prepare household meals. They agreed that the food stuffs listed in the recipes were affordable and readily available and well known to them.
FRUIT JUICES

MANGO FRUIT
GUAVA JUICE

Ingredients

3 cups peeled sliced guava
1 cup sugar
1 cup lemon juice

Method

1. Boil the sliced guava until nearly done
2. Mix guavas, sugar and lemon juice
3. Add enough water
4. Simmer until done
5. Sieve and squeeze to remove seeds
6. Serve cool

Note:
A very good drink for everyone
MANGO FRUIT JUICE

**Ingredients**

- 3 cups mango pieces
- 4 cups water
- 1 cup sugar
- 5 tablespoon lemon juice

*Note:* This is a very refreshing drink

**Method**

1. Select good and well ripen mangoes
2. Wash and cut into small pieces (peeling is optional)
3. Mix mango pieces with water and sugar
4. Boil the mixture for 10 minutes (there should be enough fire) Allow to cool and then mash the mixture
5. Sieve to remove the fibres and the peel
6. Add the lemon juice to the mango pulp
7. Dilute 1 cup of pulp with 3 cups of water
8. Serve cold