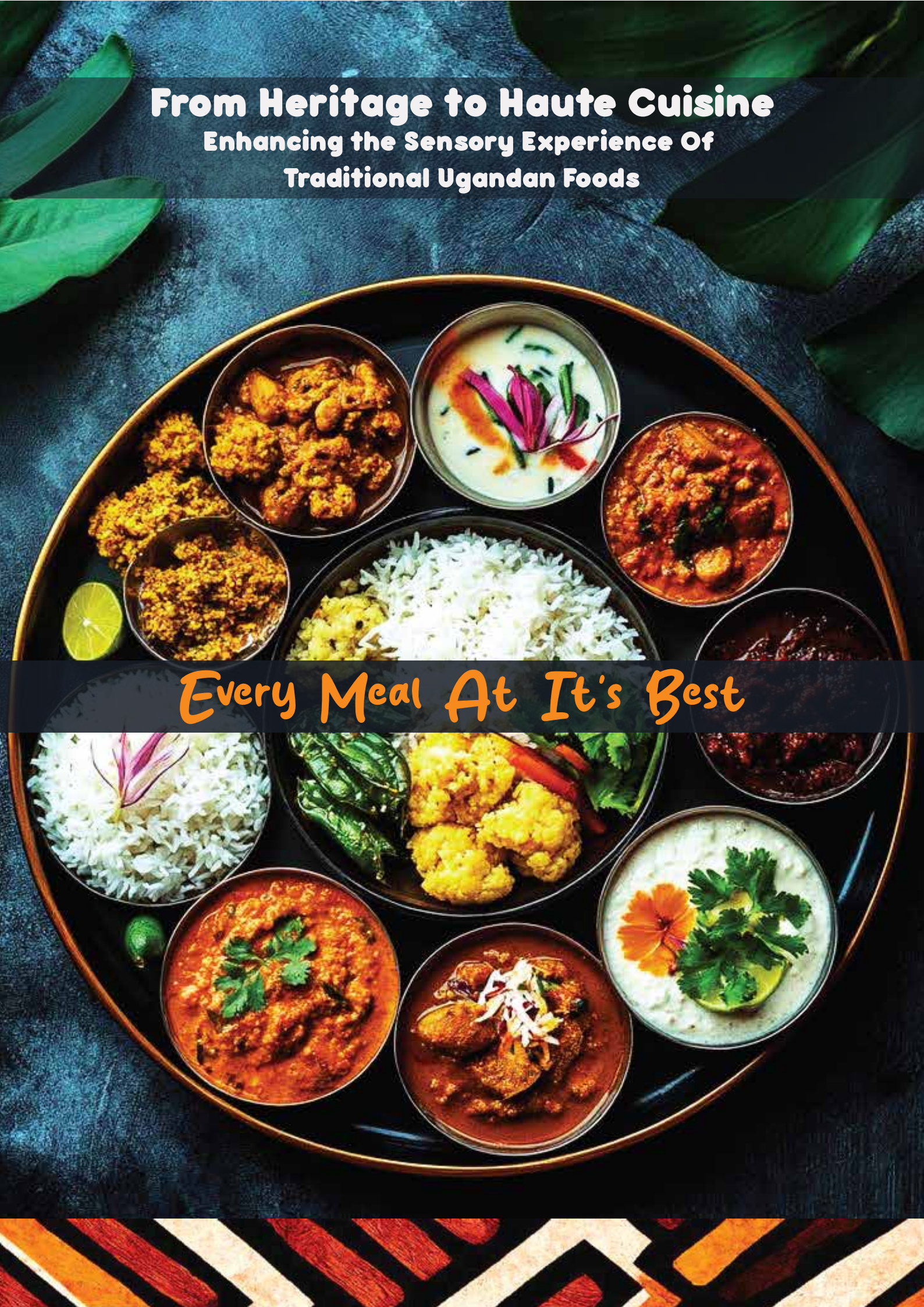


From Heritage to Haute Cuisine

Enhancing the Sensory Experience Of
Traditional Ugandan Foods

Every Meal At It's Best







Background

The Rwenzori region of Uganda is known as a food basket, with a wide variety of Indigenous Fruits and Vegetables (IFV). Despite this richness, the consumption of these nutritious foods is low, and this is on the back of high rates of child stunting and micronutrient deficiencies. Additionally, the rising levels of urbanization have led to adverse changes in the food environment—a threat to cardiometabolic health. To address this health dilemma, the Department of Food Innovation and Nutrition at Mountains of the Moon University (MMU), Uganda, in collaboration with the Nutrition & Metabolism Associated Diseases at KU Leuven, Belgium, is working to enhance the culinary skills of the community to promote the consumption of indigenous fruits and vegetables. We partnered with Yonderlife, a community-based organization in Kabarole, to conduct sessions aimed at creating new food recipes that are both delicious and honor the traditional significance of these foods. During our community sessions, we engaged participants in the collaborative creation of new food recipes. Participants provided valuable insights on effective methods for preparing and serving these foods. They discussed strategies for sourcing high-quality ingredients and highlighted traditional accompaniments that enhance the overall dining experience. They emphasized the importance of traditional methods for preparing indigenous vegetables and highlighted the cultural norms that should be observed. With guidance from facilitators at the Department of Food Innovation and Nutrition, participants acknowledged the need to improve traditional culinary practices to enhance the flavor of the food while preserving its nutrients. The co-created recipes were validated through workshops with the nutrition technical working group of the Fort Portal region.

The sessions contributed to the creation of novel culinary recipes presented in this booklet. This work is an accelerator for further research within the HD4A project, aiming to reintroduce Indigenous Fruits and Vegetables into Ugandan diets. The work was funded by KU Leuven Global Minds Open Faculty and HD4A (Combating Malnutrition in Africa Through Diversification of the Food System - GA. No.101083388)

List of Contributors

Katherine Nakatudde¹, Winnie Nabbanja¹, Fred Kigozi^{1,2}, Docus Alowo³, Lilian Nakayiki Nyanzi^{2,3}, Joshua Wesana³, Christophe Matthys² and Tonny Kiyimba³

Affiliations

¹Department of Health Sciences, School of Applied Sciences, Mildmay Institute of Health Sciences, Kampala, Uganda,

²Department of Chronic Diseases and Metabolism, KU Leuven, Leuven, Belgium,

³Department of Food Innovation and Nutrition, Faculty of Agriculture and Environmental Sciences, Mountains of the Moon University, Fort Portal, Uganda.

License:

From Heritage to Haute Cuisine:

Enhancing the Sensory Experience of Traditional Ugandan Foods © 2025 by Nakatudde K, Nabbanja W, Kigozi F, Alowo D, Nyanzi LN, Wesana J, Matthys C and Kiyimba T is licensed under Creative Commons Attribution-Noncommercial-No Derivatives 4.0 International. To view a copy of this license, visit <https://creativecommons.org/licenses/by-nc-nd/4.0/>



RECIPE: MUSHROOM SOUP

Pre-preparation time: 5 minutes / Cooking time: 30 minutes

Ingredients	Amount
Fresh mushrooms	500g
Vegetable cooking oil	2 tablespoons
Onion	1
Garlic	1
Fresh herbes e.g Celery, desired seasonings	1
Water	250ml
Salt	$\frac{1}{2}$ teaspoon



PROCEDURE

1. Clean and completely dry the mushrooms
2. Slice mushrooms in desired style
3. Put pan on the fire and add tomatoes and onions. Leave to soften for 2 minutes
4. Add the mushrooms and let them cook without stirring for 3 minutes.
5. Add the water.
6. Add your seasonings at this stage. This can include salt, pepper, garlic, fresh herbs. Cook for 5 to 10 minutes.
7. Remove from the pan and serve.

ALTERNATIVE

Mushrooms can be dried and then added to groundnut sauce. They form an excellent flavorful combination when served with matooke.

Serving size : 4 people

RECIPE: VEGETABLE RICE

Preparation time: 5 minutes / Cooking time: 15-20 minutes

Ingredients	Amount
Rice	500 g
French beans	2 handfulls
Water	500ml
Salt	$\frac{1}{2}$ teaspoon
Fresh cowpeas	100 g
Carrot	2 medium size



PROCEDURE

1. Wash and chop the French beans into small pieces
2. Put the rice in saucepan
3. Add the salt
4. Add the water
5. Boil the rice
6. As rice is about to get ready (halfway), pour in the French beans and green peas

ALTERNATIVE

Instead of French beans, you can use carrots, beet root or green peas (already cooked)

Serving size; 4 people.

RECIPE: STEAMED LEAFY GREENS

Preparation time: 5 minutes / Cooking time: 5 minutes



Ingredients

Leafy vegetables

Salt

Amount

6 handfuls

$\frac{1}{4}$ teaspoon

PROCEDURE

1. Cook on top of matooke or any other food being steamed.
2. The vegetables should be put 5 minutes before food is removed from fire.

Alternative: Ingredients like tomarillo, tomatoes, onions, bitter tomatoes can be added and steamed together.

Portion size : 3 Portions

RECIPE: FRUIT SALAD

Preparation time: 25 minutes

Ingredients	Amount
Mango	1
Tangerines	2
Pawpaw	1
Watermelon	½
Pineapple	½
Apple	2
Guava	2



PROCEDURE

1. Dice fruits into cubes or rounds.
2. Squeeze the passions on top.
3. Pour a little syrup over the fruit.
4. Optional; dress the fruits in yorghut.

Use as many fruits as you desire.

Portion size : 3 Portions



RECIPE: FIRINDA

Preparation time: 130 minutes

Cooking time: 50 minutes

Ingredients

Amount

Beans	2 cups (soaked and peeled)
Tomatoes	3 Big ones
Spring Onions	½ Cup
Onions	1
Ground Ginger powder	½ tsp
Salt	½ tsp
Cooking oil	1 tsp
Black pepper	½ tsp
Garlic	1 Clove



PROCEDURE

1. In a pot combine peeled beans with water and let them boil over medium heat for thirty minutes
2. While the beans are boiling, chop the tomatoes, onions and garlic and set aside.
3. Remove the boiling beans from fire. In another pot, pour cooking oil and after one minute, add the salt ginger and garlic
4. Keep stirring to keep from burning. Add onions and tomatoes. Stir for more minutes. Add the beans (with the water used for boiling them) and cover. Let them cook for another 20-30 minutes stirring occasionally till the beans are flaky and tender.
5. Remove from fire. Using a wooden bolle, a pestle or potato mash, mash the soup until it has a creamy consistency. Add the black pepper and sprinkle the chopped spring onions in the soup and serve

Alternative: Egg plants, bitter tomatoes, garden eggs can be added to the firinda while cooking

Portion size : 8 Portions

RECIPE: VEGETABLE MUKENE STEW

Preparation time; 10 minutes

Cooking time; 25 minutes

Ingredients

Amount

Egg plants	3chopped and peeled
Tomatoes	2
Mukene	1 Cup
Onions	1
Fresh Ginger	1 tsp finely chopped
Soy Sauce	1 Table spoon
Cooking oil	2 table spoons
Water	½Cup



PROCEDURE

1. In a cooking pan, pan roast the mukene, set aside
2. In another cooking pan , pour cooking oil, Add salt and ginger while stirring. Add the tomatoes and onions after one minute
3. Keep stirring the tomatoes and onions, cover the pan and let the tomatoes cook until tender. Add the soy sauce
4. Then add the peeled chopped egg plants and stew them for 10 minutes in the pan
5. Open and stir the row thickened paste of vegetables and add the pan roasted mukene and water.
6. Stir and cook for 10 minutes and serve.

Alternative: One can use garden eggs instead of eggplants or both.
Portion size : 6 Portions.

RECIPE: STIR FRIED VEGETABLES

Pre-preparation time: 5-10 minutes / Cooking time: 20 minutes

Ingredients	Amount
Eggplant, diced	1
Onion, peeled and diced	1
Long red chill (or 1/2 teaspoon chill powder), diced	1/2
Green pepper, diced	1
Garlic cloves, chopped	2
Medium sized tomatoes	2
Medium sized courgettes	2
salt	1/2 teaspoon
Olive oil or any other vegetable cooking oil	4 tablespoons



PROCEDURE

1. Dice the eggplant into cubes
2. Add cooking oil to the frying pan or a and heat over medium heat.
3. Add the onions, chili and diced peppers.
4. Cook over medium heat for 2-4 minutes, until well softened.
5. Add the garlic and tomatoes and cook until softened, stirring a couple of times.
6. Add diced courgettes and egg plants and cook for 4-5 minutes while stirring, until slightly browned off.
7. Add a little water and simmer for 5 to 10 minutes.
You may garnish with fresh parsley if you wish

ALTERNATIVE

Eggplants may be combined with other vegetables and stir-fried, f.e.:

- * Eggplants + carrots + tomatoes + onions
- * Eggplants + bitter tomatoes (ntula) + tomatoes + onions

Portion size : 4 Portions

RECIPE: BAKED EGGPLANT, TOMATOES, ONIONS AND GARLIC MIX

Preparation time: 10 minutes / Cooking time; 30 minutes

Ingredients	Amount
Eggplant, pricked all over with a fork	2
Onion, quartered	1
Garlic cloves, unpeeled	4
Medium sized tomatoes	6
Salt	$\frac{1}{2}$ teaspoon
Olive oil or any other vegetables cooking oil	1 tablespoon
Lemon juice	1 tablespoon



PROCEDURE

1. Preheat the oven to 180°C.
2. Prick the eggplants,
3. Slice the eggplants in two large pieces
4. Add the eggplants, tomatoes, onion, garlic, cooking oil and salt into a large roasting tin,
5. Use your hands to coat everything well in the oil and salt.
6. Transfer to the oven and roast for 25 to 30 minutes
7. Remove the tin from the oven, the vegetable should be charred all over and very soft when prodded.
8. Remove the garlic, mash the roasted garlic, and mix it with lemon juice.
9. Then sprinkle the mix (dressing) on the vegetable mix
10. Serve warm, with any desired dish

ALTERNATIVE

Instead of eggplants, you can use; carrots, courgettes, bitter tomatoes (ntula), mushrooms etc. or a mix.

Portion size : 3 Portions

RECIPE: PAN-ROASTED BROCOLI

Overall time: 15 minutes



Ingredients	Amount
Brocoli separated into small florets , and stems, sliced	200g
Water	3 tablespoons
Salt	$\frac{1}{4}$ teaspoon
Pepper or any other preferred seasoning	$\frac{1}{4}$ teaspoon
Vegetabke Oil	2 tablespoons

PROCEDURE

1. Stir water, salt, pepper and other seasonings together in small bowl, until salt dissolves.
2. In a frying pan roast the broccoli.
3. Add the broccoli stems
4. Don't stir for about 2 minutes until they get light browned.
5. Add the florets and toss to combine and don't stir for another 2 minutes, until they just begin to brown.
6. Add water spice mixture and cover pan with lid, cooking for 2 minutes.
7. Uncover and cook until desired doneness.

Portion size : 3 Portions

RECIPE: VEGETABLES OMELETTE

Preparation time: 10 - 15 minutes / Cooking time: 5 minutes

Ingredients	Amount
Eggs	3
Small carrot	1
Green pepper	$\frac{1}{2}$
Onion	1
Small cauliflower or broccoli (or 1 handful of ebugga)	$\frac{1}{4}$ teaspoon
Black pepper	$\frac{1}{4}$ teaspoon
Salt	$\frac{1}{4}$ teaspoon
Cooking Oil	3 teaspoons



PROCEDURE

1. Slice/grate carrots, cauliflower, broccoli, ebugga, green pepper, onions.
2. Add the vegetables to the bowl.
3. Add the eggs
4. Add the salt and black pepper.
5. Beat/ whip the mixture.
6. Fry the egg.
7. Pour in the egg mixture.
8. Fry until ready.
9. Serve with avocado and sliced raw tomatoes.

ALTERNATIVE

You can select a combination of 2 or 3 vegetables according to your preferences

Portion size : 2 Portions

RECIPE: VEGETABLES WITH POTATOES

Pre-preparation time: 5-10 minutes/ Cooking time: 30 minutes

Ingredients	Amount
Medium potatoes, quartered or diced into large cubes	4
Onion, diced	1
Long red chill	1
Stick of celery, diced	1
Large clove of garlic, finely diced	1
Tomatoes	2
Medium carrots, peeled and grated	2
Head of a medium white cabbage, quartered and shredded (core out)	$\frac{1}{2}$ medium cabbage
Salt	$\frac{1}{2}$ teaspoon
Other seasonings according to preference	
Olive oil or any other vegetable cooking oil	2 tablespoons



PROCEDURE

1. Place potatoes in a small pot of water and season with a pinch of salt.
2. Bring to boil and cook for 10 minutes, until almost cooked. They will
3. finish cooking together with the braised cabbage
4. Heat oil over medium heat in a large pot or a deep frying pan that has a lid.
5. Saute the onions for 2-3 minutes.
6. Add the chilli, celery and carrots saute for 3- 4 minutes, until slightly softened and golden.
7. Add the garlic and cabbage and season with salt and other preferred seasonings.
8. Stir through, cover with the lid and cook for 2-3 minutes. The cabbage will release a bit of juice and reduce in size.
9. Finally, add the diced tomatoes, cooked potatoes and about 1/3 cup of water. Stir thoroughly and cover with a lid.
10. Cook for 5 to 10 minutes, stirring a couple of times.
11. Finish the dish off by stirring in the fresh herbs.

Portion size : 2 Portions

RECIPE: VEGETABLES SALAD

Overall time: 10 - 15 minutes

Ingredients	Amount
Medium cucumber	2
Medium sized cabbage	$\frac{1}{4}$ medium cabbage
Medium carrot	1
Medium sized tomatoes	3
Apple cider vinegar	$\frac{1}{2}$ tablespoon
Lemon juice	1 tablespoon



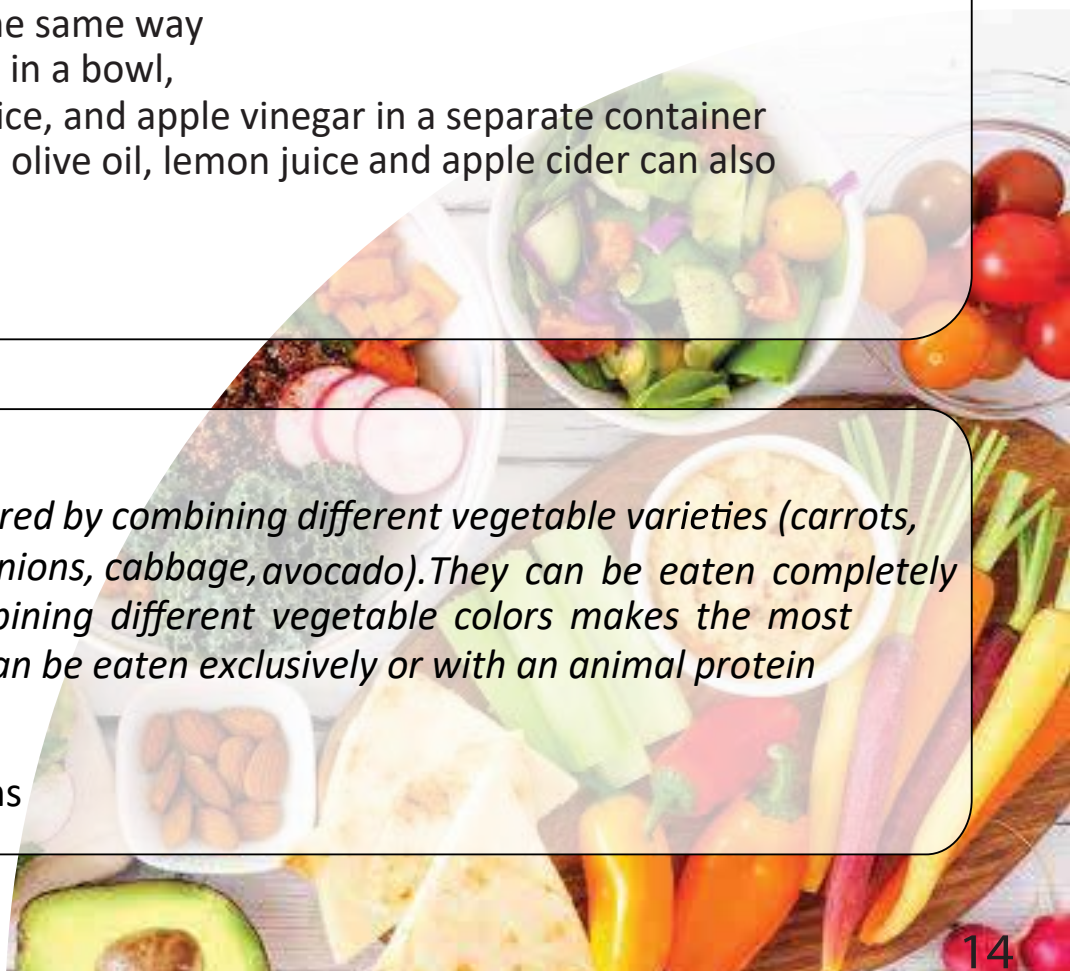
PROCEDURE

1. Wash all the vegetables
2. Remove the leaves from the cabbage, remove the hard stalk
3. Put cabbage in a bowl
4. Cut/grate the cabbage into thin, long straws
5. Blanch grated cabbages in boiled hot water
6. Cut or grate the carrot into thin long straws
7. Add grated carrot to the bowl with cabbage
8. Cut cucumbers like all other vegetables, in thin straws
9. Cut the tomatoes in the same way
10. Mix all the ingredients in a bowl,
11. Mix olive oil, lemon juice, and apple vinegar in a separate container
12. In case you don't have olive oil, lemon juice and apple cider can also give a good taste

ALTERNATIVE

Variations can be prepared by combining different vegetable varieties (carrots, cucumber, tomatoes, onions, cabbage, avocado). They can be eaten completely raw or blanched. Combining different vegetable colors makes the most nutritious salad. They can be eaten exclusively or with an animal protein based food.

Portion size : 4 Portions



RECIPE: BEAN STEW

Preparation time: 10 minutes

Cooking time; 30 minutes

Ingredients	Amount
Beans, cooked and drained	1½ cups
Tomatoes	3
Medium chopped green pepper	1
Onion	1
Garlic cloves	2
Curry powder	½ teaspoon
Cooking oil	2 tablespoons
Salt	1 teaspoon
Bugga/ dodo/ nakati	Handful



PROCEDURE

1. Place the pan on medium heat. Saute and let it heat up.
2. Add onions and garlic in the hot oil, then stir them well.
3. Leave them in the pan until they turn to light brown.
4. Add tomatoes or tomato paste and then stir well.
5. Leave them to cook until they're sort and separate from the oil.
6. Add green pepper, ginger, curry powder, black pepper, cumin, coriander, salt, and stir well.
7. Add beans and a half cup of water to the mixture.
8. Increase the fire and let it boil until the water is almost done.
9. Add the remaining water to the beans and cook under high heat for 15 minutes.
10. Reduce the heat after 15 minutes and let the stew simmer until the water has reduced halfway and it has a creamy oily layer on top.
11. Add the chopped vegetables (bugga, nakati, and dodo) to the stew and boil for 5 minutes before turning down the fire.

Alternative: Any variety of beans can be cooked with the same recipe.
Portion size : 6 Portions

RECIPE: GROUNDNUT STEW

Preparation time: 10 minutes

Cooking time; 30 minutes

Ingredients	Amount
Smooth groundnut paste	7 tablespoons
Medium chopped onion	1
Tomato	1
Salt	1 teaspoon
Bugga/Nyamsiri / dodo/ nakati	Handful



PROCEDURE

1. Using 3 cups of warm water, add the 7 tablespoons of groundnut paste and make a paste
2. Place on medium heat for 1 hour and simmer
3. Add the chopped onions, tomatoes, and salt to the stew and boil for more 30 minutes
4. Add the chopped vegetables, (bugga, dodo/nyamusiri) to the paste
5. Simmer for 20 more minutes and turn down the heat.
6. The stew will be creamy and shinny when ready.

Alternative : Bugga/Nyamsir/ dodo/ nakati can be substituted with cabbage.

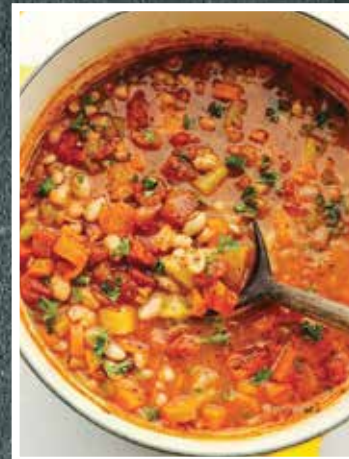
Portion size : 5 Portions.

RECIPE: COWPEA STEW

Preparation time: 10 minutes

Cooking time; 30 minutes

Ingredients	Amount
Cowpea, cooked and drained	1½ cups
Tomatoes	3
Medium chopped green pepper	1
Onion	1
Garlic cloves	2
Curry powder	½ teaspoon
Cooking oil	2 tablespoons
Salt	1 teaspoon
Bugga/ dodo/ nakati	Handful



PROCEDURE

1. Place the pan on medium heat. Add oil and let it heat up
2. Add onions and garlic in the hot oil, then stir them well.
3. Leave them in the pan until they turn to light brown.
4. Add tomatoes or tomato paste and then stir well.
5. Leave them to cook until they're soft and separate from the oil.
6. Add green pepper, ginger, curry powder, black pepper, cumin, coriander, salt, and stir well.
7. Add cowpeas and a half cup of water to the mixture.
8. Simmer the stew until the water is almost done.
9. Add the remaining water to the beans and cook under high heat for 15 minutes.
10. Reduce the heat after 15 minutes and let the stew simmer until the water has reduced halfway and it has a creamy oily layer on top.
11. Add the chopped vegetables (bugga, nakati, and dodo) to the stew and boil for 5 minutes before turning down the fire.

Portion size : 6 Portions

RECIPE: STIR FRIED LEAFY VEGETABLES

Preparation time: 5-10 minutes

Cooking time: 5-10 minutes



Ingredients	Amount
Leafy vegetables	6 handfuls
Vegetable cooking oil	1 tablespoon
Onion	1 medium size
Carrots	1 medium size
Green pepper	1 medium size
Water	100 - 200ml
Salt	$\frac{1}{4}$ teaspoon

PROCEDURE

1. Wash, clean and cut the vegetables.
2. Saute the onions and tomatoes. Add carrots, green pepper and other spices as desired.
3. Put in the leafy vegetables and stir until they are well mixed and properly coated with oil
4. Add water, the amount will depend on the type of vegetable being cooked.
5. Dodo will need the least amount of water (50ml) while bean leaves and cassava
6. leaves will need about 200ml as they take longest to cook.
7. Serve warm with other dishes

Portion size : 3 Portions

RECIPE: BRAISED SUKUMA WIKI

Preparation time: 5 minutes

Cooking time: 5-7 minutes



Ingredients	Amount
Sukuma wiki	4 handfulls
leafy vegetable	
Onion	1
Green pepper	1
Egg	1
Black pepper	$\frac{1}{4}$ teaspoon
Salt	$\frac{1}{4}$ teaspoon
Olive oil or any other vegetable cooking oil	1 tablespoon

PROCEDURE

1. Wash Sukuma wiki under running water.
2. Chop the Sukuma wiki, green pepper and onions.
3. Mix the Sukuma wiki, green pepper and onions in a saucepan.
4. Add the seasonings and the cooking oil.
5. Braise the mixture with a lid covered on the saucepan.
6. Beat and add the egg to the mix.
7. Stir for 2 minutes and your dish will be ready to serve.

Portion size : 3 Portions.

RECIPE: PASTED GREEN LEAFY VEGETABLES

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients	Amount
Groundnut paste	250G
Dodo, bugga, Nakati	4-5 handfulls
Fruits of okra	1-2 or 1 bundle of leaves
Magadi / rock salt	$\frac{1}{4}$ teaspoon
	$\frac{1}{4}$ teaspoon



PROCEDURE

1. Sort, wash under running water, and chop the leaves
2. Cut the okra and add to the leaves.
3. Boil the water in a pan and add some magadi incase cassava leaves, ggobbe or bean leaves are to be added.
4. When boiling steadily add the greens.
5. Make sure when boiling, water covers the greens.
6. Boil for 15 minutes
7. Remove from fire and drain the cooking water into a container.
8. The greens will be in a wellblended and thick sauce is attained.
9. Add paste to cooked greens With a wooden spoon or masher blend very well
10. If it is thick, add a little hot water.
11. Add salt and put back on the fire.
12. Stir occasionally and let boil for 15 minutes.
13. Serve hot with millet, posho, sweet potatoes or matooke

ALTERNATIVE

Instead of boo, malakwang, and ggobe, vegetables like ntula, eggplant, sukuma wiki, spinach, nakatti, bugga, dodo, cabbage, pumpkin leaves can be added. These cook for a relatively shorter time.

Drained water from the greens can be used to make other stews.

Portion size : 4 Portions

RECIPE: FRUIT JUICE (MANGO)

Preparation time: 20 minutes

Ingredients	Amount
Big mangoes	2
Water.	



PROCEDURE

1. Peel washed mangoes and dice them.
2. Blend them into a fine liquid.
3. Sieze and add water.
4. Serve chilled.

ALTERNATIVE

Any fruit juice can be made by replacing mango with any fruit of choice.

Portion size : 3 Portions



RECIPE: COCKTAIL JUICE

Preparation time: 20 minutes

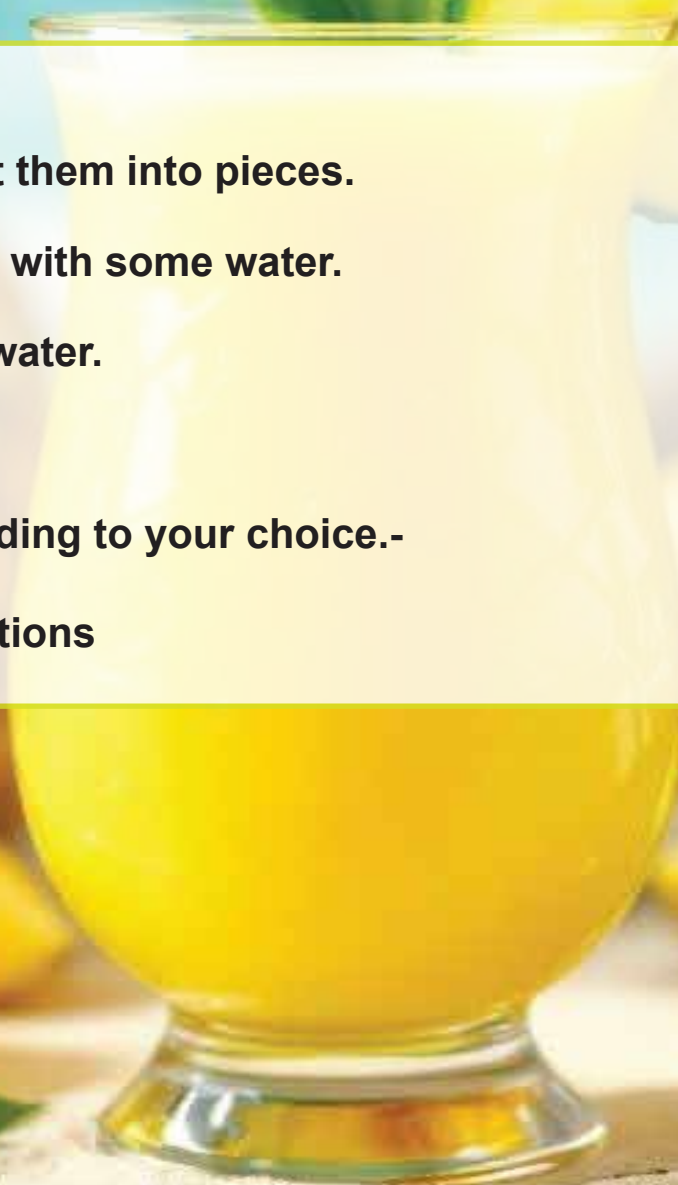
Ingredients	Amount
Mango	1
Tangerines	2
Orange	1
Watermelon	½
Pineapple	½
Passion fruits	2
Water	2 Cups



PROCEDURE

1. Wash fruits and cut them into pieces.
2. Blend the cut fruits with some water.
3. Sieve and add the water.
4. Serve chilled.
5. Use any fruit according to your choice.-

Portion size : 4 Portions



RECIPE: OKRA BEEF STEW

Preparation time: 10 minutes

Cooking time; 45 minutes

Ingredients	Amount
Vegetable oil	4 teaspoons
Beef	350g
Chopped green bell pepper	1½ cup
Onion	1
Tomatoes	2
Salt	¾ teaspoon
Cloves of garlic	2 tablespoons
Water	4 cups
Fresh okra pods cut into 1-inch pieces	100g



PROCEDURE

1. Place the pan on fire.
2. Saute the chopped beef in the oil until it has browned
3. Add chopped onions to the beef and cook until brown
4. Add the chopped peppers, garlic, and tomatoes with a little water until soft and creamy
5. Add salt, spices, and 1 ½ cups of water to the sauce and cook for another 15 minutes.

Alternative: Mutton or goats meat can be used.

Other vegetables like eggplants, garden eggs can be cooked with this stew.

Portion size : 3 Portions

RECIPE: OKRA CHICKEN STEW

Preparation time: 10 minutes

Cooking time; 45 minutes

Ingredients

Amount

Vegetable oil	4 teaspoons
Chicken	200g
Chopped green bell pepper	1½ cup
Onion	1
Tomatoes	2
Salt	¾ teaspoon
Cloves of garlic	2 tablespoons
Water	4 cups
Fresh okra pods cut into 1-inch pieces	100g



PROCEDURE

1. Heat 4 teaspoons oil in a pan over medium-high heat.
2. Add half of the chicken to the pan; cook for 6 minutes, browning on all sides.
3. Remove chicken from pan. Add remaining chicken to pan; cook 6 minutes, browning on all sides. Remove chicken from pan.
4. Add chopped onions to the chicken and cook until brown
5. Add the chopped peppers, garlic, and tomatoes with a little water until soft and creamy
6. Add salt, spices, and 1½ cups of water to the sauce and cook for another 15 minutes
7. Add the fresh okra pods to the chicken and cook for 20 minutes
8. Once the soup is thick- turn off the fire.

Portion size : 2 Portions

RECIPE: FISH STEW

Preparation time: 10 minutes

Cooking time; 20 minutes

Ingredients

Amount

Vegetable oil	4 teaspoons
Fish	350g
Chopped green bell pepper	1½ cup
Onion	1
Tomatoes	2
Salt	¾ teaspoon
Cloves of garlic	2 tablespoons
Water	4 cups
Fresh okra pods cut into 1-inch pieces	100g



PROCEDURE

1. Add oil to a pan and heat it up.
2. Add the chopped onions to the oil and fry until browned.
3. Add the chopped peppers, garlic, eggplant, and tomatoes with a
4. little water until soft and creamy.
5. Add the fresh/ dry fish to the creamy sauce.
6. Add salt, spices, and 1½ cups of water to the sauce and cook for another 10 minutes.
7. Add the fresh okra pods to the sauce and cook for more 5 minutes.
8. Once the soup is thick turn off the fire and serve.

Portion size : 3 Portions

