

Together
we give

Nourish



GITHERI

(ghi - DHE - ri)
A Traditional Kenyan Meal

An affordable and highly nutritious one-pot meal, Githeri is a regular menu item for children at our rescue and feeding center at Miale ya Tumaini. The cooks there make enough to serve over 500 children everyday! Here we have adapted the recipe to serve 4.

INGREDIENTS

2 C dry mixed beans (of your choice)
1 C dry corn kernels

2 tablespoon canola oil
½ medium onion, *diced*
1 garlic clove, *minced*
1 teaspoon fresh ginger, *minced*
2 medium tomatoes, *diced*
3 medium potatoes, *diced*
Carrots, cabbage (optional)

Substitute canned (cooked) beans and corn:

2 (15 oz) cans of cooked beans
2 (15 oz) cans white corn

Adjust recipe to your desired thickness and taste by adding water tomato paste.

*season to taste with spices such as: cumin, garam masala, turmeric and cayenne pepper

DIRECTIONS

- Mix dry corn and beans together and soak overnight. (Optional to decrease cooking time.)
- Add corn and beans to a large pot with enough water to cover. Season with salt and pepper and bring to a boil over medium heat.
- Reduce heat and simmer until cooked through, about 8-10 minutes. (Per Diana: til soft enough for babies to chew.)
- In a saucepan, fry onions, garlic, ginger, tomatoes and potatoes in oil.
- Mix with the corn and beans. Let the pot simmer about 15 -20 minutes, as the flavors come together, stirring occasionally.

Let the children in our rescue center in Kenya know we are all in this together by posting pictures of your Githeri on FB, Instagram or Twitter. Be sure to tag @KenyaWorksOrg so the kids are able to see your dishes & wishes!

#DishesNWishes #DineTogetherKenyaWorks #GivingTuesdayNow