

Spinach and Tomatoes

by Jolie from Rwanda

Ingredients

- 1 1/2 pound of spinach
- 1 can tomatoes
- 1/2 onion sliced
- 1 green paper sliced
- 1 tablespoon vegetable oil
- Salt to taste
- Water



Method

1. Put oil in a saucepan, then add 1/2 a sliced onion, 1 can of tomatoes, and sliced 1 green pepper.
2. Add salt after one minute, then add 1 can of tomatoes.
3. Stir, then add spinach. You can add water if you want. Cook until spinach is wilted and it is hot.



“ I choose this recipe
because is my favorite
food. You can serve it
with ugali. ”