

Katogo (Ugandan Breakfast)

by Sifa from Uganda

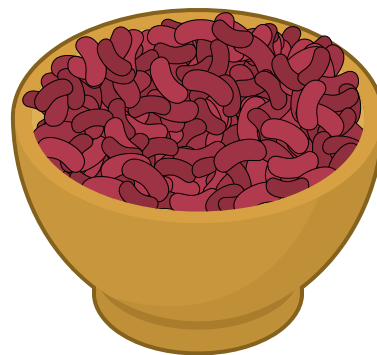
Ingredients

- 50 matookes (green bananas)
- 5 cups of red beans
- 10 cups of oil for cooking
- 1 onion
- 2 cloves of garlic
- 1 green pepper
- 4 tomatoes
- 5 cups of salt
- 10 cups of water



Method

1. Chop the beans to pieces then wash. Add to water on a jiko (a charcoal cook surface or stove) and cook the beans for 1 hour till soft. If you have a pressure cooker, cook for approximately 30 minutes.
2. Place pot on stove and heat. Pour in oil and onion and cook for 10 minutes.
3. Peel the matooke and set it aside. Heat cooking oil in a cooking pot then add onion, garlic, green pepper, tomatoes, and salt.
4. Fry till golden brown. Add water and matooke and boil until matooke is soft. Add beans and stir well to combine.



“ Why I choose this recipes is because its my traditional foods . And it’s my favorite recipes when,I eat this food I feel healthy and strong in my body more than other foods. And why I choose to cook it is because it’s easy to cook. My mom and my elder sister are the ones who taught me how to cook it because it’s the best food among our traditional foods. More over this food is my family favorite and it’s the food that I can cook best. we eat nearly every single day, if we don’t eat this recipes I feel lazy and also sick . So I would like to cook it and share it with A2G students in the farm so they can test it and tell me how it test or what they think about my recipes.”