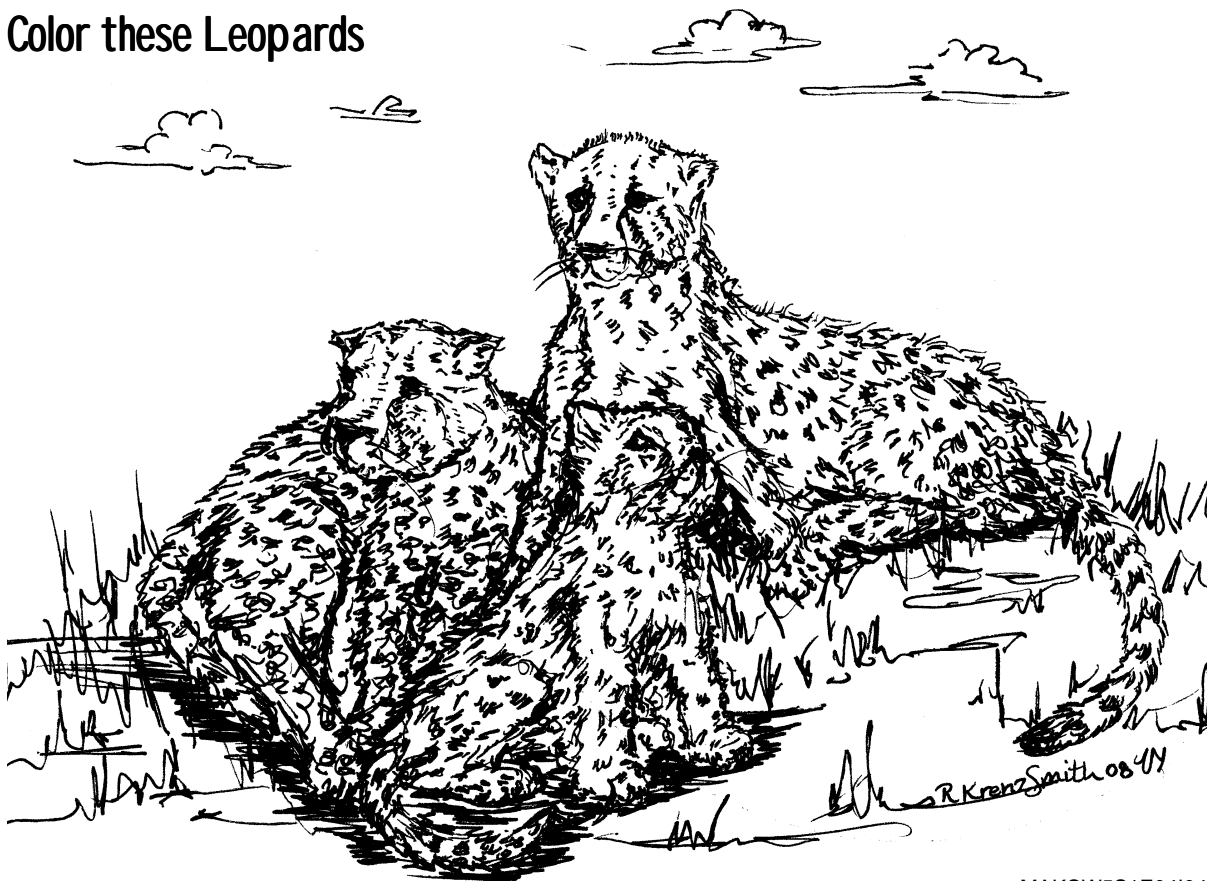


Color these Leopards



MAKCW5S1E04104

Recipes

Dude, try out
and collect
these delicious
recipes.
They're, like,
from all over
the world!



Democratic
Republic of
Congo



Mwamba

Ingredients:

1 chicken, cut up (or 2 lbs
beef or lamb, or 1½ lbs fish
fillets, fresh or thawed)
Salt
Oil

2 large onions, cut up
2 to 4 chili peppers, mashed,
OR ½ to 1 tbsp. dried crushed
red pepper
6 or 7 tomatoes, peeled,
seeded and mashed

Preparation:

Season meat with salt. In a heavy stewing pan, sauté chicken, meat or fish in the oil with onions until well browned. Add chili peppers, tomatoes and just enough water to cover. Simmer until tender and thoroughly cooked. Chicken mwamba is usually served with boiled rice. Fish, lamb or beef mwamba is usually accompanied by fried rice.