



Peanut Butter Greens Zimbabwean Traditional Dish

Shared by Nicola Kagoro, aka Chef Cola
at the Boston Veg Food Fest
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Ingredients

- 2 big bunches of greens
(kale, spinach, pumpkin leaves, Swiss chard, or collards)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 medium tomatoes, roughly chopped
- 2 tablespoons peanut butter
- 2 cups water
- Salt, to taste

Instructions

- Roughly chop kale or other greens, including the ribs
- Chop the tomatoes
- Peel and chop the garlic and onions
- Bring some water to a large pot, add a little bit of salt, and bring to a boil
- Add the kale, tomatoes, onion and garlic
- Cover pot with lid and cook for 10-20 minutes or until the kale is tender
(I like my kale crunchy so I only cook for about 10 minutes)
- In a small bowl, mix peanut butter with a little hot water to make a sauce
- When the greens are cooked, drain excess water, and add the peanut sauce. Stir constantly until the greens are coated in the peanut sauce
- Season to taste with salt and pepper
- Serve and enjoy!