Sukuma Wiki

**Ingredients**

*Serves 10-15 for taste test*

- 1 large kale bunch, stems removed, chopped, washed
- 3 medium tomatoes, diced
- 1-2 teaspoons minced garlic
- 1 large white onion, chopped
- 2 or more tablespoons cooking oil
- 1 tablespoon smoked paprika
- ½ ½ teaspoon coriander
- 1 teaspoon curry or turmeric spice
- ½ teaspoon cayenne pepper or more
- ½ juiced lemon (about 1 tablespoon)
- 1 tablespoon bouillon powder or cube, or ¼ to ½ cup vegetable broth

**Directions**

1. In a medium skillet add oil, onions, and garlic. Sauté for 2 to 3 minutes, stirring constantly.
2. Add tomatoes, curry or turmeric spice, coriander, and paprika. Continue stirring for around 2 minutes.
3. Add the bouillon or ¼ cup vegetable broth, kale, cayenne pepper, and lemon juice. Cook for another 5 to 10 minutes until all flavors have blended. You may adjust spices and add vegetable broth as needed.
4. Turn off burner and let cool before serving.

**Fun Fact!**

This is an east African dish, historically served in countries like Kenya and Tanzania. Sukuma Wiki roughly translates in Swahili “to stretch the week”, indicating a history of this dish being very hearty and nutritious. This recipe is often served with beef or chicken.

Recipe adapted from African Bites

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