



NYAMA CHOMA BEEF & VEG SISHEBO

INGREDIENTS

- 650g beef tubed
- 1 onion
- 1 green pepper
- 1 green onion
- Half red pepper
- Chopped vegetables
- 3tbs oil
- 2 tbs Nyama Choma Sishebo Spice
- 2 cloves garlic
- 1 cup water



METHOD:

- In a pan with medium heat add oil, fry the meat, take it out and set aside.
- In the same pan add onion and garlic fry until soft, add chopped green, red pepper and green onion.
- Put back the meat and add Nyama choma Sishebo Spice and close the pan, cook for few minutes and then add water continue & cooking for another 30-40 minutes.
- Add the vegetables and let it simmer on low heat until vegetables are cooked. Serve with pap.

