

EFO RIRO

Efo is the traditional African wild spinach. Riro literally means "to mix" - so efo riro literally translates to a "mixed spinach". The traditional recipe uses stock fish and crayfish, but this vegetarian version uses bouillon and mushrooms to give it a meaty texture.

INGREDIENTS

STOCK

4 c vegetable stock
½ Medium Onion, sliced
1 pkg mushrooms, sliced
1 cube Vegetable Bouillon

STEW

2 medium red bell peppers, roughly chopped
1/2 medium onion, roughly chopped
2 roma tomatoes, roughly chopped
2 cloves of garlic
Hot sauce or peppers, optional
2 cups of water

DIRECTIONS

In a pot, combine vegetable stock, ½ sliced onion, sliced mushrooms and 1 bouillon cube. Bring to a boil over medium-high and boil 15 minutes or until mushrooms begin to get translucent. Using a slotted spoon, separate the mushrooms from the broth. Keep both the vegetables and the stock.

In a blender, combine peppers, tomatoes, remaining onion, garlic and 2 cups water, blend until smooth. If you are using hot peppers (dried or fresh) blend them in with this mixture.

Heat oil over medium heat in a large pot. When hot, add curry powder and cook 1 minute. Pour in blended peppers, bring to a boil, and then reduce heat to medium-low and cook for 15 minutes.

Add the salt, bouillon reserved mushrooms and onions, cook and stir 1-2 minutes. Add spinach, and cook another 1-2 minutes, then add the stock, cover and cook for 10 minutes.

Add salt as needed, then cook uncovered for another 10 minutes.

Serve over rice.



¼ cup of vegetable oil
1 tablespoon curry powder
1 tsp of salt
1 tsp of vegetable bouillon
2 10oz packs of frozen spinach, thawed and squeezed to remove excess water