

## JAMES BAKER'S MUKIMO RECIPE

(Serves 2)

### INGREDIENTS

Salt  
1 1/2 cup canned red beans (drained & rinsed)  
1 1/2 cup frozen corn  
Ground black pepper  
1/4 cup vegetable oil  
1 onion (diced)  
5 potatoes (peeled and diced)  
2 bunches of pumpkin leaves, Swiss chard or  
beet greens  
2 teaspoons of Royco Mchuzi Mix

### TOOLS

Chef's knife  
Cutting board  
Small saucepan  
Large pot  
Large saucepan with lid  
Spatula  
Masher

### RECIPE PREPARATION

Using the chiffonade method, cut the pumpkin leaves, Swiss chard, or beet greens into thin strips and set aside.

In the small saucepan, boil equal parts canned red beans and frozen corn in salted water until soft. Remove from heat, drain, and season to taste with salt and pepper. Set aside.

In a large pot, boil potatoes in salted water until soft. Remove from heat and drain. Set aside.

Put oil in a large saucepan and add the diced onions. Using medium-high heat, cook onions until golden brown. Add salt, the cooked potatoes, and stir until fully incorporated.

Add the pumpkin leaves, Swiss chard or beet greens, cover, and cook for three minutes (or until greens are tender). Stir every minute (to make sure that it doesn't get stuck to the bottom of the saucepan).

Add the cooked red beans, the cooked corn, and Royco Mchuzi Mix. Stir until fully incorporated, cover, and cook for an additional three minutes (but make sure that it doesn't get stuck to the bottom of the saucepan).

Remove from heat and mash until you've reached your preferred consistency. Serve warm and enjoy!