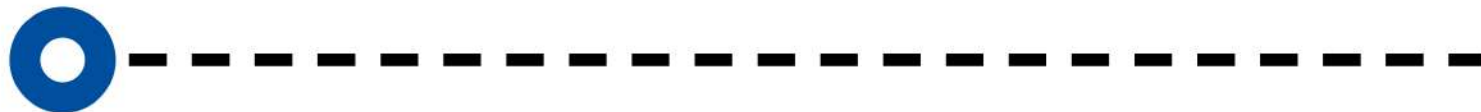


Recipe by
Nneki Ugwu

JI-AGWỌ, potato oatmeal



Ingredients

1.5 kg of boiled potatoes

3 peppers – red, green, yellow

2 onions

100 g fresh ginger

50 g garlic

2 packs of frozen green beans

300 ml oil

Vegeta, hot chilli pepper, sweet paprika



Preparation

Wash the potatoes and boil with the skin, peel and dice once cooked. Finely chop half of the onion, ginger, and garlic. Crush the other half. Chop the peppers. Heat the oil, add the crushed ingredients, and after two minutes add half the chopped ingredients and the frozen beans, season with Vegeta and chilli. Finally, add the potatoes and mix thoroughly. Cook for 5-7 min. Optionally, serve with meat and tomato stew.

