



**TANSHEP**  

# *Vegetable Cookbook*

*for pregnant women and children*

*Eat more vegetables for your health!*



*Ver. 2*

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## **Outline of the Vegetable Consumption Campaign in TANSHEP**

TANSHEP (Tanzania Smallholder Horticulture Empowerment and Promotion) is the market-oriented horticulture project, being implemented by Ministry of Agriculture and President's Office Regional Administration and Local Government (PO-RALG) in assistance with Japan International Cooperation Agency (JICA), covering the three regions of Kilimanjaro, Arusha and Tanga. The project capacitates farmers to gain more income by encouraging them to look at market needs first. It promotes market survey by farmers before starting production so that they could capture what types of vegetables are in need when, where and how much.

In addition to expand market opportunities for TANSHEP farmers, why is it so important to consume more vegetables?

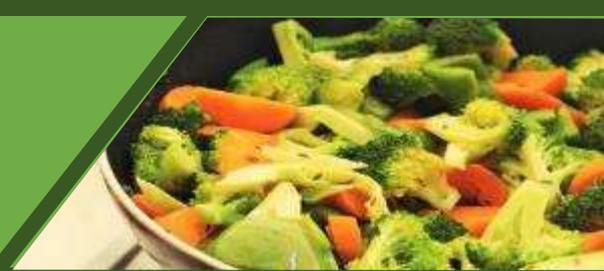
In Tanzania, micronutrient deficiency and obesity have been persistent and serious issues. Micronutrient deficiency is one of the main reasons of stunting among children, and obesity could cause not only Non-Communicable Diseases in general but also could pose a high-risk pregnancy for expectant mothers. Behind the background, various surveys and studies revealed that vegetable consumption in Tanzania is far behind the amount globally recommended by the WHO.

In the belief that the consumers' acknowledgement of the positive impact of vegetable intake and change in dietary behavior will lead to growth of vegetable market and to improvement of nutrition status in Tanzania in the long run, TANSHEP started promotion activities to raise awareness of vegetable consumption for Tanzanian consumers, in particular, for pregnant women and children.

In the current activity, TANSHEP developed the vegetable recipes in collaboration with central and district officers both from agriculture and health sectors to contribute to improve nutrition status of mothers/expectant mothers and infants. All the recipes are using nutrient-dense vegetables which TANSHEP farmers are producing or potentially producing in the future. Through the recipes and cooking demonstration events, participants are expected to learn necessary nutrients for themselves and their children, proper ways of vegetable cooking in a style not to lose nutrition value and try to cook more vegetable menu at home.

The cookbook would not have been materialized without supports from various parties. TANSHEP would particularly like to express sincere gratitude to the Tanzania Food and Nutrition Center and the World Vegetable Center for their invaluable contribution in developing the recipes and facilitating the process.

# 1.Chayote Fruit Soup



## Ingredients (Serving 10)

✓ Chayote Squash	2-3 pcs	✓ Water	2L
✓ Sweet pepper	2 pcs	✓ Fresh Milk	5 cups
✓ Carrot	2 pcs	✓ Vegetable oil	2 tbsp
✓ Tomato	2 pcs	✓ Chicken/Beef Cube	2 cubes
✓ Potato	2 pcs	✓ Salt	2 tsp
✓ Onion (medium)	2 pcs	✓ Black pepper powder	1 tsp
✓ Garlic (optional)	4 cloves		

## How to cook

1. Wash all the vegetables well.

Peel carrots, potatoes and chayote.



2. Chop all the vegetables finely into small cubes. Onions can be sliced.



3. Put vegetable oil, chopped garlic and onion in a cooking pot and cook at low heat. When aromatic, put all vegetables together in the pot and add water.



4. Boil the vegetables for about 10 minutes, or until cooked and soft.



5. Add Chicken/Beef cube and blend the mixture.

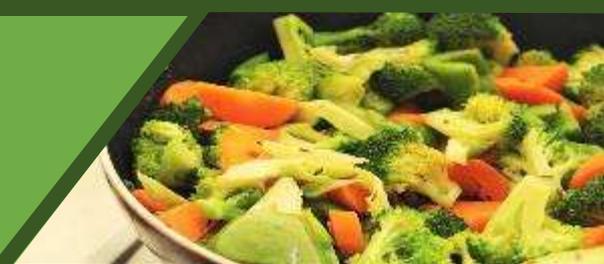


6. If you like, you can also add fresh milk. Bring to a boil, simmer and stir well for 5 minutes.



7. Ready to eat!

## 2. Butternut Potage



### Ingredients (Serving 4-5)

✓ Butternut Squash	2 pcs	✓ Water	1/2L
✓ Onion (big)	1 pcs	✓ Fresh Milk / Mtindi	1/2L
✓ Green pepper (medium)	1 pcs	✓ Salt	1 tsp
✓ Chicken or Beef	1/2		

### How to cook

1. Wash the vegetables and meat. Peel butternut and onion.



2. Cut all vegetables into small pieces. Remove seeds for butternut and sweet pepper.



3. Place all vegetables into a pot and pour water to cover. Boil it at low heat for 15 minutes until tender.



4. In parallel, boil a chicken in another pot until tender so as to get soup.



5. Mash the boiled vegetables. Use a fork, Spoon, or Mpekecho, to mash.



6. Reduce heat to medium and add fresh milk and chicken together with soup.



7. Ready to eat!

# 3. Cabbage & Scramble Egg



## Ingredients (Serving 8)

- |                    |         |                         |         |
|--------------------|---------|-------------------------|---------|
| ✓ Cabbage (medium) | 1/4 pcs | ✓ Amaranthus leaves     | 1 bunch |
| ✓ Sweet pepper     | 1/2 pcs | ✓ Egg                   | 6 pcs   |
| ✓ Carrot           | 1 pcs   | ✓ Cooking vegetable oil | 3 tbsp  |
| ✓ Onion            | 1 pcs   | ✓ Salt                  | 1 tsp   |

## How to cook



1. Wash and chop the vegetables.



2. Add 3 tablespoonful of oil in a pan with medium heat and let it to boil for 30 sec.



3. Add chopped onion, carrot and green pepper and let them cook for 2 minutes while stirring.



4. Add chopped cabbage and amaranthus leaves and let them cook for 1 minute. Season with salt and pepper.



5. In another pan, heat 2 tablespoons of cooking oil and add crushed eggs. Season the scrambled egg with 1/4 of teaspoon salt.



6. Add the scrambled egg to the vegetable mix pan. Serve while hot!



# 5. Butternut Kachumbari



## Ingredients (Serving 10)

- |                    |        |                         |      |
|--------------------|--------|-------------------------|------|
| ✓ Butternut Squash | 1 pc   | ✓ Carrot                | 1 pc |
| ✓ Tomato           | 5 pcs  | ✓ Salt                  |      |
| ✓ Onion            | 4 pcs  | ✓ Lime                  |      |
| ✓ Cabbage          | 1/4 pc | ✓ Mayonnaise (optional) |      |

## How to cook

	
<p>1. Cut vegetables into small pieces. Boil butternut with a little amount of salt.</p>	<p>2. Mix with tomato, onion and cabbage to make Kachumbari.</p>
	
<p>3. Season them with Salt, lime and mayonnaise (optional) and mix well.</p>	<p>4. Ready to eat!</p>

# 6. Butternut Chipsi Mboga



## Ingredients (Serving 8)

- |                    |           |                               |          |
|--------------------|-----------|-------------------------------|----------|
| ✓ Butternut Squash | 1 pc      | ✓ Chicken                     | 1/2 pc   |
| ✓ Spinach          | 1 bunch   | ✓ Cooking oil                 | 3 tbsp   |
| ✓ Sweet pepper     | 1 pc      | ✓ Salt                        | 1/2 tbsp |
| ✓ Broccoli         | 1 pc      | (for blanching chicken)       |          |
| ✓ Garlic           | 1 handful | ✓ Garlic, Ginger, Lemon, Salt |          |

## How to cook

A close-up photograph showing a person's hands using a bright yellow plastic grater to grate ginger. The grater is held over a pan containing pieces of chicken, which are being marinated.	A photograph of a stainless steel pan filled with marinated chicken pieces. The pan is placed on a stove, and the chicken is being blanched in a liquid, likely water or broth.
<p>1. Marinate a chicken with grinded ginger and garlic, and lemon juice.</p>	<p>2. Blanch the marinated chicken. Keep the broth after boiling.</p>
A photograph of a kitchen counter with various ingredients. In the center is a pan of chicken. To the left is a plate of sliced butternut squash. To the right are several small bowls containing spinach, broccoli, and sweet pepper. A large bunch of spinach is also visible in the foreground.	A photograph showing a person's hands stir-frying ingredients in a pan. The pan contains chicken pieces, butternut squash, sweet pepper, and broccoli. A small white bowl containing more vegetables is being held nearby.
<p>3. Cut all vegetables and grind garlic.</p>	<p>4. Stir-fly garlic and chicken pieces. Add and mix butternut, sweet pepper and broccoli.</p>



5. Cook them with the lid of the pan.



6. Add spinach and the chicken broth.

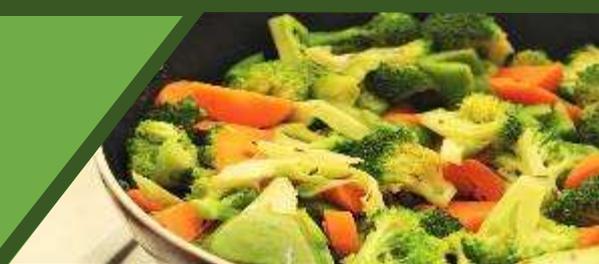


7. Stir-fry at high heat.



8. Ready to eat!

# 7. Spinach Soup with Meat



## Ingredients (Serving 8)

- |                     |           |              |          |
|---------------------|-----------|--------------|----------|
| ✓ Spinach           | 1 bunch   | ✓ Hot pepper | 5 pcs    |
| ✓ Meat (with bones) | 1 kg      | ✓ Lemon      | 8 pcs    |
| ✓ Carrot            | 2 pcs     | ✓ Salt       | 1/2 tbsp |
| ✓ Garlic            | 1 handful | ✓ Water      | 2 L      |
| ✓ Cinnamon          | 1 tbsp    |              |          |

## How to cook



1. Cut vegetables and meat. Slice carrots.



2. Marinate meat with grated garlic, salt and cinnamon for 30 minutes.



3. Steam spinach and put it aside.



4. Simmer meat until tender. Add sliced carrots.



5. Season it with salt, hot pepper and lemon.

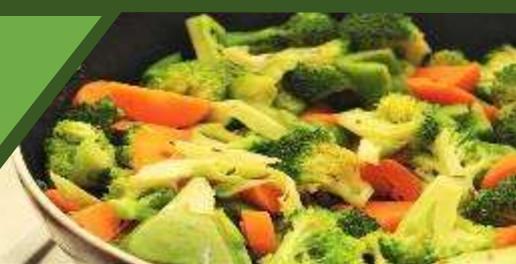


6. Top up 1 or 2 handful of the boiled spinach just before eating.



7. Ready to eat! Serve with lemon to squeeze.

## 8. Sauteed Amaranthus & Kale



### Ingredients (Serving 10)

✓ Amaranthus	1 bunch	✓ Oil	2 tbsp
✓ Kale	1 bunch	✓ Salt	1 tsp
✓ Carrot	1 pc	✓ Lemon	1 pc
✓ Onion	3 pcs		
✓ Sweet pepper	1 pc		

### How to cook



1. Wash, chop and/or slice the vegetables.



2. Stir-fry vegetables in a heated pan with cooking oil (First, carrot, sweet pepper, and onion, and then, kale & amaranthus).



3. Season to taste with salt.



4. Ready to eat with lemon!

# 9. Butternut Porridge



## Ingredients (Serving 8)

- |                            |           |                        |             |
|----------------------------|-----------|------------------------|-------------|
| ✓ Butternut (small-medium) | 1 pcs     | ✓ Fish fillet (medium) | 1 fillet    |
| ✓ Carrot (small-medium)    | 1 pcs     | ✓ Lemon                | 1 pc        |
| ✓ Onion (small-medium)     | 1 pcs     | ✓ Butter               | 1/2 of tbsp |
| ✓ Sweet pepper             | 1 pcs     | ✓ Salt                 | 1 tsp       |
| ✓ Swiss chard              | 1/2 bunch | ✓ Chicken/Beef Cubes   | 1 cube      |
| ✓ Garlic (optional)        | 2 cloves  | ✓ Water                | 1 cup       |
|                            |           | ✓ Fresh milk           | 2 cups      |

## How to cook



1. Peel butternut.



2. Cut fish fillet into small pieces and marinate it with lemon juice.



3. Chop all vegetables in pieces.

4. Melt butter and stir garlic until aromatic in a heated pot. Put butternuts, carrots, onion in a pot and add 1 cup of water to boil.



5. In parallel, boil marinated fish fillet, Swiss chard, and sweet pepper.

6. Mash the butternut, carrots onion.



7. Add fish fillet, Swiss chard and Sweet pepper into the butternut pod. Add salt and continue stirring.



8. Add 2 cups of boiled fresh milk.



9. Mash and mix the contents with Mpekecho.



10. After 5 min., porridge is ready for serving. Serve while hot.

# 10. Garlic Broccoli



## Ingredients (Serving 4)

- |               |          |                           |         |
|---------------|----------|---------------------------|---------|
| ✓ Broccoli    | 1 pcs    | ✓ Oil                     | 2 tbsp  |
| ✓ Carrot      | 1 pcs    | ✓ Curry powder (optional) | 1 tsp   |
| ✓ Onion       | 1 pcs    | ✓ Salt                    | 1 tsp   |
| ✓ Garlic      | 2 cloves | ✓ Black pepper            | 1/2 tsp |
| ✓ Minced meat | 250g     | OR                        |         |
|               |          | ✓ Chili pepper            | 1/2 tsp |

## How to cook

	
<p>1. Wash all vegetables. Separate a broccoli into florets.</p>	<p>2. Peel and slice onion, garlic and carrot.</p>
	
<p>3. Steam broccoli and carrot for 3 minutes.</p>	<p>4. Stir-fry garlic and onions until aromatic in a pan.</p>



5. Add minced meat and stir-fry till cooked.



6. Add broccoli and carrot.

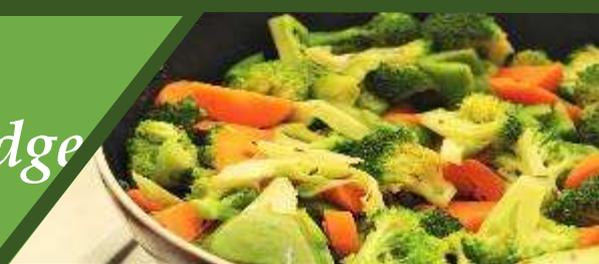


7. Season to taste with curry powder (optional), salt, black or chili pepper, and mix thoroughly.



8. Ready to eat! Serve while hot.

# 11. Amaranthus Grain Porridge



## Ingredients (Serving 10)

- |                   |          |                    |        |
|-------------------|----------|--------------------|--------|
| ✓ Amaranthus seed |          | ✓ Sugar (optional) | 1 tbsp |
| ✓ Water           | 1+1/2cup | ✓ Butter           | 1 tbsp |
| ✓ Fresh Milk      | 1 cup    |                    |        |

## How to cook



1. Grind Amaranthus seed with a mill to make it into Amaranthus flour



2. Combine Amaranthus flour and water in a small saucepan and boil. Cook at low heat.



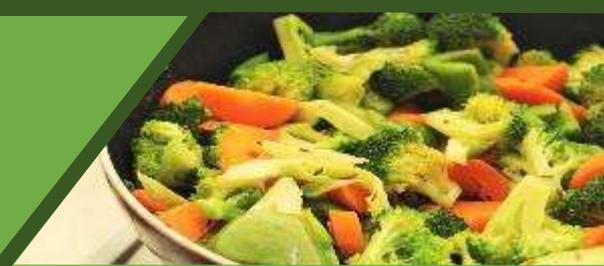
3. Stir everything once in a while as the Amaranthus may stick to the bottom of the pan.

4. Stir in the fresh milk, sugar (optional) and butter. Stir vigorously until the porridge is creamy.



5. Remove the heat and ready to serve!

# 12. Amaranthus Relish



## Ingredients (Serving 8)

- |                     |            |                   |         |
|---------------------|------------|-------------------|---------|
| ✓ Amaranthus leaves | 1 handful  | ✓ Groundnut Flour | 1 cup   |
| ✓ Carrot            | 1/2 pcs    | ✓ Fresh milk      | 1 cup   |
| ✓ Tomato            | 1 pcs      | ✓ Water           | 1 cup   |
| ✓ Onion             | 2 pcs      | ✓ Salt            | 1/2 tsp |
| ✓ Celery            | 1/2 branch | ✓ Cooking oil     | 1 tbsp  |
| ✓ Garlic            | 2 cloves   |                   |         |

## How to cook



1. Sort, wash and chop Amaranthus leaves. Wash and chop carrot, tomato, onion, celery and garlic.
2. Fry garlic and onion until aromatic, and then carrot, tomato and celery in oil until soft.



3. Add Amaranthus leaves with water and salt. Stir well and simmer for 2 minutes.



4. Mix fresh milk with groundnut flour in a separate bowl. Stir well to avoid lumps.



5. Add No.4 to the pan and stir for 5 minutes.



6. Season to taste and serve while hot as a relish!

# 13. Broccoli Fritto



## Ingredients (Serving 4)

- |            |         |                           |         |
|------------|---------|---------------------------|---------|
| ✓ Broccoli | 1 bunch | ✓ Salt                    | 1/2 tsp |
| ✓ Flour    | 1/2 cup | ✓ Spice (upon preference) |         |
| ✓ Water    | 1/2 cup | ✓ Cooking Oil             |         |
| ✓ Egg      | 1 pc    |                           |         |

## How to cook

	
1. Wash and separate a broccoli into florets.	2. Mix flour, water, egg, salt and spice well.
	
3. Dip broccoli into the batter.	4. Deep-fry the broccoli for about 4-5 minutes.



5. Serve them while hot!