

## **Fresh Sukuma Wiki with Sweet Potatoes Recipe**

Sukuma Wiki with Sweet Potatoes is an “East African” Staple Food

Serves 4

2	Tbsps.	Canola Oil
1/2	Cup	Thinly sliced Onions
1/2	Cup	Thinly sliced Tomatoes
1	Tsp.	Granulated Chicken Bullion
1	Cup	Sweet Potatoes, boiled, peeled and cut in ½-inch cubes
2-3	Cups	Kale, very thinly shredded

Heat the oil in a skillet.

Add onions, tomatoes and bullion, sauté until softened and slightly browned

Add sweet potatoes and kale; sauté until sweet potatoes are heated through and kale turns bright green and becomes slightly soft. Serve immediately.