

Morogo (Sauce with Bogobe)

INGREDIENTS

1. 1 pound spinach
2. 1/2 pound tomatoes, chopped
3. 1/2 pound onions, chopped
4. 1/2 ounce cooking oil
5. Water
6. Salt
7. Oil

Method:

1. Wash vegetables thoroughly, boil in a bit of water, and add salt to taste.
2. Allow water to run out, and add oil.
3. Simmer for about a minute, and add onions and tomatoes. Simmer for about 1 more minute, and add red pepper to taste.
4. Serve hot with *bogobe*.