



Wali Kwa Mchuzi (*Rice with Sauce*)

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Directions:

Servings 4

Ingredients:

Rice for 4 servings
1 lb okra (35 pods), sliced 1/2 in pieces.
2 tablespoons Olive Oil
3 cups Tomato sauce, 24 oz.
1 cup Crunchy peanut butter (or more, to taste)
(or crunchy sunflower nut butter)
Seasoned pepper (to taste)
Celery seed (lightly sprinkled)
(or Mustard Seed)
Minced onion (lightly sprinkled)
Optional additions:
A side of meat (beef or baked chicken sliced)
Sprigs of parsley or celery leaves

1. **Cook rice** according to directions from package.
2. **Sauté Okra** in olive oil in a large saucepan over medium heat until moderately soft.
3. **Add tomato sauce & season:** pour tomato sauce into saucepan with Okra. Cook on medium heat until the sauce is warmed. Add seasoned pepper, mustard or celery seed, and minced onion, to taste.
4. **Add Peanut butter:** Begin spooning in liberal tablespoons of peanut butter, letting it melt into mixture. You may add more peanut butter to taste. The mixture should never come to a boil but needs to simmer for at least 20 minutes. (Note: There is usually some of the “mchuzi” left over after the dinner plates are prepared. It tastes great on bread a day or two later, too!)

Serving suggestion: Make a circle of rice on a dinner plate. Ladle on the “gravy” liberally. The Tanzanians suggest that, if meat is available, it be cut into slender slices which are used to encircle the dish. A few sprigs of parsley or celery leaves may also be added around the rice for visual appeal.