

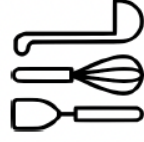


Explore KENYA

Shopping List



cooking tool



Finger guard

put your middle finger through the loop, adjust size. Use it as a barrier to protect fingers when cut ingredients

Nyama

Kuku Paka

East African Pilau

protein	☐ 2 1/2 lbs beef stew cubes <u>Vegetarian options:</u> ☐ 1 can of red kidney beans, ☐ 1 can pinto beans, ☐ 1 cup of frozen corn, ☐ 2 large carrots	☐ Chicken (4 drumsticks and 4 thighs) <u>Vegetarian options:</u> ☐ 2 packs firm tofu ☐ 1 red bell pepper	☐ 2 lb boneless, skinless chicken thighs / chicken breasts <u>Vegetarian options:</u> ☐ 1 red pepper ☐ 8 oz green beans ☐ 1 cup frozen peas
vegetables / fruits	☐ 2 yellow onion ☐ 1 bunch kale ☐ 1 bunch spinach	☐ 1 bunch kale ☐ 2 medium tomatoes ☐ 1 large onion ☐ 4 sprigs cilantro (optional)	☐ 2 red onions ☐ 3 medium potatoes ☐ 6 medium tomatoes ☐ 1 green bell pepper ☐ 1 lemon ☐ 1/2 bunch cilantro
basic pantry	☐ 1 14.5-oz crushed tomatoes ☐ 1/2 cup milk / water ☐ butter, olive oil, ☐ salt & pepper	☐ 1 1/2 cup rice ☐ oil, salt & pepper	☐ 2 cups Basmati rice ☐ olive oil, honey salt ☐ & pepper
inside our kit	☒ Nyama Mix ☒ Ugali Mix	☒ Kukupaka Mix ☒ Creamy Coco Mix	☒ Pilau Spice

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