

Rwanda

Africa

Menu

1. Rwandan chicken

Ingredients:

- 1 chicken, cut into pieces
- 3 Tbsp. oil
- 1 onion, thinly sliced
- 3 large tomatoes, mashed
- 2 stalks of celery, cut into thin rounds
- 1 tsp. salt
- 1 hot pimento or chili pepper

Directions:

Fry the chicken in hot oil until golden. Remove pieces and cook onions in the same pot. When they are golden brown, return chicken pieces to the pot, and add tomatoes, celery, salt, and hot pepper. Reduce heat and simmer until chicken is tender.

2. Pinto beans with potatoes

Ingredients:

- 2 2/3 cups dried pinto beans, soaked
- 4 large potatoes, chopped
- 3 celery stalks, chopped
- 1 tsp. salt
- 1 onion, thinly sliced
- 5 Tbsp. peanut oil

Directions:

Cover pinto beans with water and bring to a boil. Reduce heat and simmer until they are just tender. Add potatoes, celery, and salt. Cook over low heat. Just before potatoes and beans are tender, gently fry the onions. Using a slotted spoon, add the beans to the skillet and stir until well mixed and heated through.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Rwanda: 27%

Life in Rwanda

About 90 percent of Rwandan people are farmers. In the early 1990s civil war erupted and previously peaceful communities were torn apart as neighbor killed neighbor. Families were separated and many children were left without their parents.

Typical meal

A typical Rwandan diet consists of bananas, legumes, sweet potatoes, maize, cassava and potatoes. Poor families (which are an overwhelming majority) may be able to obtain vegetables and other food to eat. But if they can't afford charcoal to boil water, then they risk serious health problems.

Etidephonse is nursed back to health



Etidephonse is given a nutritional mixture of milk, cooking oil, and sugar that he eagerly drinks from an orange cup as he sits in his grandma's lap. Paskasia Nyirambabazi, 70, has brought her grandson, who is suffering from malnourishment, to the nutrition center. His mother died when he was 9 months old and Paskasia now struggles to take care of him. It has been two days since the baby has eaten and three days since Paskasia herself had food.

References:

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- Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.