

Tanzania

Africa

Menu

1. Coconut bean soup

Ingredients:

- 1/2 cup onions, finely chopped
- 1/2 cup green peppers
- 1 tsp. curry powder
- 1 tsp. salt
- 1/2 tsp. pepper
- 3 Tbsp. butter
- 1 cup tomatoes
- 24 oz. can of kidney beans, with liquid
- 2 cups coconut milk
- 3 cups water
- 1/2 cup cooked rice
- 1 tsp. shredded coconut

Directions:

In a saucepan, sauté onions, green peppers, curry, salt, pepper, butter, and tomatoes. Simmer for two minutes and add kidney beans, coconut milk, and water. Simmer gently for 10 minutes. Add cooked rice. Serve with shredded coconut.

2. Ugali

Ingredients:

- 1 quart chicken broth
- 1 tsp. salt
- 1 cup white corn meal or cream of wheat

Directions:

Boil chicken broth and add salt and corn meal, or cream of wheat. When cooked, remove from heat and keep warm until ready to serve.

3. Braised cabbage

Ingredients:

- 1/2 cup purple onions
- 1 tsp. salt
- 1/4 tsp. crushed red pepper
- 1/4 cup oil
- 2 lbs. cabbage, cut in 1 in. wedges
- 1 cup water with 1 bouillon cube

Directions:

Sauté ingredients and serve.

Consumption comparisons

Average calories per person, per day

United States of America: 3,699

Tanzania: 1,995

Percentage of children underweight

United States of America: 1%

Tanzania: 27%

Life in Tanzania

Tanzania is known for Mt. Kilimanjaro. The majority of Tanzania's population lives in rural areas. Many Tanzanians are small-scale farmers growing only enough food to feed their families.

Typical meal

Meat is eaten maybe one to two times a week. Soups and stews are a mainstay. The most important dish in this country is Ugali, a bland cornmeal dish also called stiff porridge.

Devoted sisters



Miriam Kombe, 10, is with her sister Josephine, 2. "Reading is my favorite thing," says Miriam. "My father doesn't live with us. My mother is a farmer. We don't always have enough food to eat. Sometimes we are hungry. I like to carry water very much because it helps my mother. I take care of my sister every day, except when I'm in school. My sister loves me very much."

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