

# How to prepare the: Kontomle Folor - Spinach Stew



## Ingredients

- Tomatoes
- Onions
- Spinach
- Palm Oil
- Maggie Cubes
- Beef
- Eggs
- Salt
- Plantains

## Recipe

- Heat the a medium size pot pan to medium high
- Warm the pan on the stove for a few min.
- Add palm oil to the pan and let oil warm for 2 minutes
- Add 2 chopped onions and cook in the oil until onions are soft, about 3 min.
- Third, add about 4 cups of chopped fresh tomatoes. Cook for 10-20 min. until the tomatoes are soft.
- Forth, add hot Chile pepper powder, but be careful not to add too much.
- Add 1 Maggie cubes to give additional taste.
- Sixth, add 2 bags of spinach (chopped), cook for about 15 minutes.
- Add a bit of salt to taste.
- Add the cooked meat to the stew.
- Finally, add 6 eggs (beaten) in spoonfuls to the stew and cook all together.

How to prepare the Amadaa (plantains):

- Remove skin
- Cut in sizes you like
- Put in pot with water and add little salt
- Boil for 20-25 mins.



[www.akwaabaensemble.com](http://www.akwaabaensemble.com)  
Please check out our website.

*Hi, my name is Theo Martey and I am here with my sister Evelyn Martey. I am the founder of the Akwaaba Ensemble. We were born in Ghana, West Africa, when we were growing up our mother would make Kontomle Folor with Amadaa or rice. Today we are sharing this with you, our favorite Ghanaian dish. In Ghana this dish is made on a coal pot, which is a large two tier pot which is heated with charcoal and kerosene and used in our outdoor kitchen. Hope you enjoy!*