

## BAMBARA GROUNDNUT GITHERI

This groundnut is fairly easy to grow as it does not require pesticides, fertilizers or chemicals, and is largely disease resistant.



### Ingredients

1 cup of dry beans (kidney beans or similar)  
½ cup of dry maize  
½ cup of fresh Bambara groundnuts  
2 tablespoons canola oil  
½ medium white onion  
1 large tomato  
1 garlic clove  
½ teaspoon of white pepper  
¼ teaspoon of curry powder  
¼ teaspoon of paprika  
2 tablespoons of fresh dhania  
1 cup of water

### Preparation

If your maize and beans are not cooked, boil them separately until soft, then drain. In a medium-large skillet, add oil, diced onions and tomatoes, and crushed garlic. Sauté for about 2-3 minutes, stirring constantly to prevent from sticking. Add curry powder, paprika, white pepper, maize, beans and Bambara groundnuts and heat for 1 minute. Pour in the water, bring to the boil and simmer for 15-20 minutes, stirring occasionally. Add salt to taste, throw in chopped dhania and serve warm.

Credit: Ton Pulikens

## Bambara groundnut (*Voandzeia subterranea* L.):

A good source of calcium, iron and potassium, these beans are a complete protein food and have the potential for providing a balanced diet in areas where animal protein is expensive.

Nutritional value per 100g (raw) of:

### Bambara groundnut

Calcium	38.79 mg
Iron	3.29 mg
Magnesium	166.44 mg
Phosphorus	190.26 mg
Zinc	1.81 mg
Potassium	1333.23 mg
Sodium	2.38 mg
Copper	0.67 mg
Vitamin B1	0.04 mg
Vitamin B2	0.07 mg
Vitamin B3	2.29 mg



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