

Nyilã si Wotsɔ Kplu Wɔɛ (Ghanaian Corned Beef Stew)

Submitted by Comfort Larrey, Holy Spirit Catholic Church



INGREDIENTS:

- 2 cans of corned beef
- 1/2 cup vegetable oil
- 1 good size Onions (chopped)
- 3 good size fresh tomatoes (chopped)
- 1 6 oz can of tomato paste
- 1 teaspoon of curry
- 1 teaspoon white pepper or 1 teaspoon hot pepper



DIRECTIONS

1. Heat the oil for 5 minutes on medium heat
2. Add the chopped onion, cook for 5 minutes
3. Add the tomato paste, cook for 5 minutes
4. Add the fresh chopped tomatoes, cook for 10 minutes and keep stirring.
5. Add the curry and pepper
6. Break the corned beef in small pieces, and add it to the stew
7. Cook for 10 to 15 minutes on medium heat, stirring regularly



*Try this one out as unique take on a St.
Patrick's Day staple - corned beef!*