PREPARATION

- Read the My Burundi story about Jenissa
- Activity time: 20-30 minutes
- Ingredients Isombe:
  - 500g manioc leaves, washed and chopped (or other greens such as collard greens or kale)
  - 6 spring onions, chopped
  - 2 medium eggplants, cubed
  - 500g spinach, washed and chopped
  - 2 green bell peppers, thinly sliced
  - 3 tbsp palm oil (or other oil, such as olive)
  - 3 tbsp peanut butter
- Ingredients Ubugari:
  - 800g manioc meal (also know as cassava meal)
  - 1 liter water
  - 1 tbsp salt
  - 3 - 4 tbsp oil or butter

STORY CONNECTION

Isombe is Jenissa’s favorite food! She uses ubugari to scoop it up and eat it.

LEARN

Tasting new foods at a young age might spark more adventurous eating.

INSTRUCTIONS

1. To make isombe, add the manioc leaves (or other greens) to salted water and boil until tender.
2. Add the chopped onions, eggplant, spinach, and green bell peppers to the manioc leaves and cook over medium heat for 10 minutes.
3. Add the oil and peanut butter and stir to form a smooth paste.
4. Simmer for about 10 more minutes, until the sauce thickens.
5. To make ubugari, bring water to a boil. Add salt and butter.
6. Slowly stir in the manioc meal until the mixture thickens considerably. It can become difficult to stir but keep trying! You want a very thick texture, like stiff mashed potatoes or slightly soft play dough.
7. Adjust the amount of water, meal, and butter and oil as you choose.
8. Shape you mixture into a rounded mount and serve on a plate.
9. Pull of chunks with your right hand and roll into bite size balls.
10. Use ubugari to scoop up isombe, enjoy!