

Kenyan Chapati Flatbread

with Beef Stew and Mung Beans

by Patricia Sawo, *Calvary Missionary*

Kenyan chapati is an unleavened pan-grilled bread that is often served with stews, but can also be eaten on its own. It is formed into a coil before rolling out the dough to give it a light and flaky texture, and is part of the East African culinary heritage. Today you'll be preparing chapatis with beef stew and mung beans, a mealtime favorite among Calvary missionary Patricia Sawo (Mama Sweetie) and her kids at the Discover to Recover Centre orphanage in Kitale, Kenya.



Ingredients

CHAPATI:

- 3 cups 'chakki atta' or whole wheat flour
- 1 1/2 teaspoon salt
- 3 tablespoons oil, plus more for cooking
- 1 1/2 cup warm water

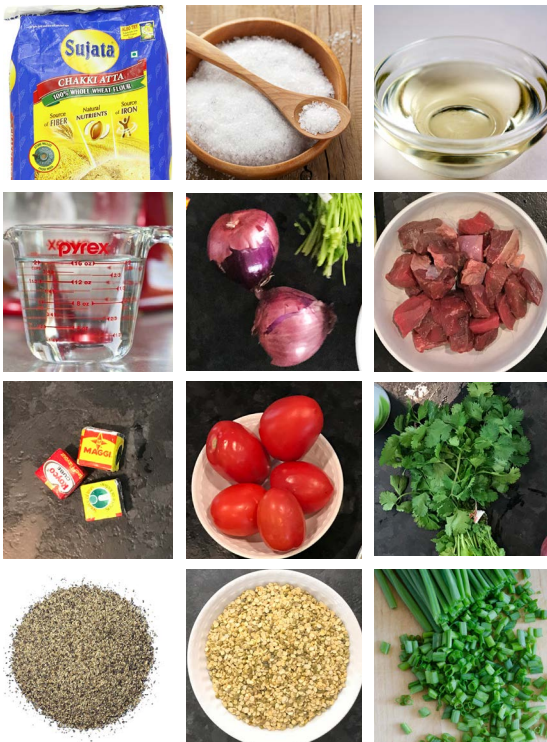
BEEF STEW:

- 1 tablespoon oil
- 1 cup yellow or red onion, diced
- 2 lb. boneless beef stew meat (comes pre-cut into cubes)
- 2 Royco beef cubes
- 1 cup tomatoes, diced or crushed
- 1 cup water
- 3 tablespoons fresh cilantro, finely chopped
- salt and pepper to taste

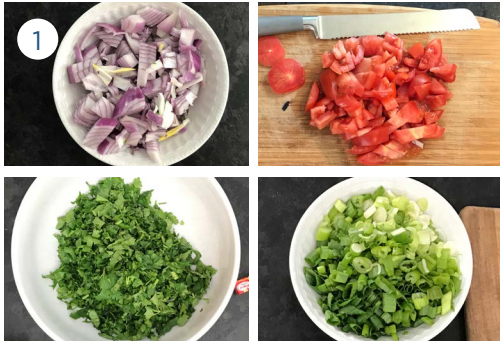
MUNG BEANS:

- 1 1/4 cups mung beans
- 3 cups water
- 1 tablespoons of oil
- 3 green onions, chopped
- 1 Royco beef cube

Serves: 6 · Prep Time: 15 minutes · Cook Time: 60 minutes



Instructions



Prepare ingredients. Measure each dry ingredient and meat into small prep bowls. Wash and dry the produce. Peel yellow or red **onions** and dice into small pieces. Dice **tomatoes** or crush into small pieces. Cut off **cilantro** ends/stems and finely chop cilantro leaves. Chop **green onions**, discarding white stems.



Make the chapati dough. Mix **flour** and **salt** together in a large bowl. Then add oil and water. Knead to form a soft and sticky dough. Continue to **flour** the dough as needed to facilitate kneading, about 8 minutes. Dough should be soft & elastic. Place dough into a plastic bag, or cover with stretch wrap, let rest for 15 minutes.



Cook the beef stew. Heat a large pan on medium heat. Add **oil** and **onions** then cook until soft. Stir constantly to prevent any sticking. Put in the **beef** and crumbled Royco **beef cubes**. Cook until fragrant, then add **tomatoes** and water. Simmer for 20 minutes. Add **cilantro**, **salt** and **pepper** to taste. Remove from heat, set aside.



Cook the mung beans. Combine **mung beans** and water in large sauce pan. Bring to a boil and simmer until soft and water evaporates. Mash mung beans with a fork. In separate pan, sautee chopped **green onions** in **oil** until soft and browned. Add green onion mixture to mung beans. Add one **Royco beef cube** to season, mix well.



Cook chapatis. Roll out dough to large circle, about 1/2 inch thick. Flour surface and rolling pin as needed to prevent sticking. Cut dough into 12 even strips. Roll each strip into a coiled circle, like a cinnamon bun. Flatten each roll of dough into a smaller circle, about 1/4 inch thick, like a tortilla. Lightly oil pan, place dough on pan, cook for 2 - 3 minutes each side until golden brown.



Plate your dish. Use a ladle or large spoon to plate beef stew meat and some of the stew liquid. Scoop mung beans onto plate. Take a cooked chapati, fold into quarters, and plate. To eat, use chapati to scoop up mung beans and stew meat, and eat together. Or you can use a fork to combine each item as you wish.

Meet Patricia Sawo

Kenya · Global Fellowship



Patricia is the founder of the Discover to Recover Centre, which is an HIV/AIDS orphanage and school in Kitale, Kenya. The school provides education from preschool through high school, preparing them with vocational training for their futures. The goal is for the centre to 'feed itself' by maintaining small-scale farming activities, like raising cattle and growing corn or beans, that will produce enough food for the childrens' meals and income for expenses. In addition to maintaining the physical and educational needs of the children, Patricia provides love and hope rooted in Christian fundamentals.

Ways to Pray:

- Stamina and finances to care for many children
- Strong witness for Christ in the Kitale community
- Effective community outreach for the new church plant Patricia is involved in leading
- Expanded community outreach
- Spiritual maturity of her own children Ludfika, Sylvester, and Peter as well as children at the center

