

HOW TO MAKE CHAKALAKA | SOUTH AFRICAN FOOD

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-south-african-pancake-recipe>

Ingredients:

- 4 carrots peeled, tailed and shredded
- 1 green bell pepper
- 1 red bell pepper
- 1 sweet onion White Onion
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 1 teaspoon tomato puree
- 1/2 cup tomatoes chopped
- 1/2 cup baked beans
- 1/4 teaspoon pepper Cameroon
- 2 tablespoons curry powder
- 1 teaspoon salt
- 3 tablespoons vegetable oil

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 26 grams
3. Fat: 11 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 760 milligrams
8. Sugar: 12 grams

Thank you for visiting our website. Hope you enjoy HOW TO MAKE CHAKALAKA | SOUTH AFRICAN FOOD above. You can see more 18 vegan south african pancake recipe Taste the magic today! to get more great cooking ideas.