

Chakalaka

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-chakalaka-with-cabbage-recipe>

Ingredients:

- 1/4 cup cooking oil
- 1 onion medium, diced
- 2 teaspoons curry powder
- 2 teaspoons garlic minced
- 1/2 teaspoon thyme
- 1/2 teaspoon smoked paprika
- 1 teaspoon cayenne pepper
- 1/2 teaspoon ginger minced
- 2 tomatoes
- 4 cups cabbage sliced
- 2 chili peppers diced seeds removed for less heat
- 1 large carrot grated on the large side or sliced thinly
- 1 green pepper medium, diced
- 1 red pepper medium, diced
- 14 ounces baked beans
- 1 teaspoon bouillon powder optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 5 milligrams
4. Fat: 18 grams
5. Fiber: 10 grams
6. Protein: 11 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 530 milligrams
9. Sugar: 16 grams

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