**Ugali**

*Based on recipe from Mary Ominde's* African Cookery Book.

**Ingredients**2 cups maize flour, fresh and clean\*  
2 cups water\*\*  
  
\*Instead of maize flour, you can use any of these: millet flour, finger millet flour, cassava and sorghum flour, or maize and wheat flour. (Bev often uses a mixture of finely ground cornmeal and Soji, a brand of wheat meal used to make cream of wheat.)   
\*\*You can use sour milk instead of water. This was done in the early days for preservation purposes during a journey, also in order to increase the nutrition value.  
  
**Method**Sieve the flour.  
Boil water in a strong pan.   
Sprinkle flour into boiling water and stir with wooden spoon, adding flour little by little.  
Stir and turn over again and again for about 20 minutes until mixture is thick and smooth. Make sure it is not too stiff. Add boiling water only if it is too thick.  
Gather the mixture in the middle of the pan and turn heat low. Cover the pot and leave on low heat for 10-15 minutes.  
Turn the mixture on to a plate and give it shape if necessary. Serve with relish such as stewed meat, fish, chicken, groundnut sauce, cooked vegetables, or even sour milk.

**Lima Beans with Spinach and Peanut Sauce**

*Recipe from Victoria Misigaro*.  
  
**Ingredients**12 oz. bag frozen baby lima beans  
1 1/2 cup water  
12 oz. bag frozen spinach  
2 T. vegetable oil  
1/2 onion, thinly sliced  
1 1/2 T. peanut butter (add more if you want!)  
1/2 tsp. salt  
  
**Method**In medium pan, combine lima beans and water. Over high heat, bring to boil and cook until tender. Don't let them burn! Add spinach and cook until tender.  
In another pan, heat 2 T. vegetable oil. Add onion and cook until lightly browned.   
Add peanut butter and stir well. Stir in cooked beans and spinach, along with whatever liquid is left from cooking. Add another 1/2 c. water if needed. Add salt. Heat through.