

## Cowpea Pizza

Recipe kindly contributed by Dr Annia Matikiti (University of Zimbabwe)

### Ingredients

- 500g Cowpea (boiled)
- 100g Wheat Flour
- 100g Mozzarella Cheese
- 300g Minced Beef
- 250g Mushrooms (button or oyster)
- Salt and Pepper
- ¼ Teaspoon Paprika
- 2 Tablespoons Worcestershire sauce
- ½ Cup of diced Red Pepper
- ½ Cup of diced Green Pepper
- ½ Cup of diced Yellow Pepper
- 1 Onion, sliced
- 2 Teaspoons Cooking Oil
- ½ Cup Tomato Paste

### Cowpea Yam Pizza Base

1. Put the boiled cowpea in the blender and blend until smooth, adding wheat flour.
2. Knead the cowpea on the board sprinkled with flour.
3. Put the kneaded cowpea pizza dough in the fridge for about 30 minutes.
4. Roll the cowpea on a lightly floured surface or cutting board to 0.5cm thickness.

### Pizza Topping

1. Heat 2 teaspoons oil in a frying pan on high.
2. Brown the 300g beef mince well for 4-5 minutes, breaking up lumps with the back of a spoon as it cooks.
3. Season with salt, pepper, paprika and Worcestershire sauce and set aside.
4. Toss in the mushroom and fry lightly for a few minutes then set aside.
5. Lightly grease the baking tray. Line with baking paper.
6. Place the cowpea pizza base on the prepared tray.
7. Spread the tomato paste on the pizza base surface using the back of a spoon. Sprinkle the grated mozzarella cheese over the bases then spread the cooked beef evenly.
8. Top evenly with diced peppers, sliced onion, cooked peas, cowpea and sprinkle with 1 more cup of grated mozzarella.
9. Preheat oven to 200°C.
10. Bake for 10-15minutes in a well preheated oven. Remove from oven, slice, and serve.

**Preparation time: 20 minutes**  
**Cooking time: 8 -15 minutes**  
**Serves: 4 people**



### Nutrition Facts

Servings: 4

Amount per serving

	<b>418</b>
	% Daily Value*
<b>Calories</b>	
<b>Total Fat</b> 9.4g	<b>12%</b>
Saturated Fat 3.1g	<b>16%</b>
<b>Cholesterol</b> 71mg	<b>24%</b>
<b>Sodium</b> 529mg	<b>23%</b>
<b>Total Carbohydrate</b> 47.9g	<b>17%</b>
Dietary Fiber 7.5g	<b>27%</b>
Total Sugars 6.9g	
<b>Protein</b> 36g	
Vitamin D 86mcg	432%
Calcium 56mg	4%
Iron 18mg	102%
Potassium 1040mg	22%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.