

KT Monthly Cowpea Recipes

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Mangai

Mangai is a traditional Zimbabwean dish, and it is basically a mixture of grains and nuts. There are several versions of Mangai, and it depends on the availability of ingredients you have at hand. Cowpea, Bambara nuts, groundnuts and dried beans can also be added in the preparation. Mangai can be eaten with or without meat and can be taken with or without tea or coffee during breakfast, lunch, or supper.

Ingredients:



- 1 Cup ground maize (soaked overnight, then drained).
- 1 Cup cowpea (soaked overnight, then drained).
- 100g Carrots, chopped into small cubes.
- 40g Potatoes, chopped into small cubes.
- 2 Medium tomatoes, chopped.
- 1 Onion, chopped.
- 3 Garlic cloves, chopped.
- 20g Royco Usavi Mix.
- 3 tbsp cooking oil.
- 1 tsp Salt.
- Pinch of Paprika.

Method:

- 1) Soak all the grains separately overnight until they are tender and boil them for 40 mins.
- 2) Heat 3 tbsp cooking oil in a large saucepan and fry onions and garlic until tender, stirring occasionally to avoid burning.
- 3) Add chopped tomatoes and cook for a few mins.
- 4) Add Royco Usavi mix, paprika, cubed carrots and potatoes and bring to the boil.
- 5) Add the boiled maize and cowpea into a large saucepan and stir with a wooden spoon until well mixed.
- 6) Reduce heat and simmer for 15 mins.
- 7) Serve with meat and salad of your choice.

Preparation: 10-15 mins

Cooking: 40 mins

Serves: 4 people

Nutrition Facts

Servings: 4

Amount per serving

Calories **243**

% Daily Value*

Total Fat 11.2g **14%**

Saturated Fat 1.7g **9%**

Cholesterol 0mg **0%**

Sodium 785mg **34%**

Total Carbohydrate 30.3g **11%**

Dietary Fiber 5.1g **18%**

Total Sugars 5.6g

Protein 6.6g

Vitamin D 0mcg **0%**

Calcium 45mg **3%**

Iron 1mg **7%**

Potassium 517mg **11%**

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

Cowpea Salad

Preparation: 15 mins

Serves: 2 people

Ingredients:



- 200g Cowpea (1 cup), soaked overnight and boiled.
- 1 Head of lettuce.
- 1 packet of gooseberries.
- 1 packet feta cheese (50g).
- 1 Tomatoes chopped.
- 2 teaspoon Olive oil.
- 2 teaspoon vinegar.
- 1 teaspoon sugar.
- 1 bottle 1000 Island Salad Dressing (Optional).

Method:

- 1) Mix the vinegar, olive oil and sugar and mix well.
- 2) Drain well the boiled cowpea to remove excess water and put into a serving bowl.
- 3) Add the olive oil mixture into the cowpea and stir well and set aside.
- 4) Clean the lettuce leaves and gooseberries and dry them with a kitchen paper towel or kitchen towel and add them into cowpea bowl.
- 5) Clean the tomato and slice it and break the feta cheese into small pieces and add into cowpea bowl and mix all well. Serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories **363**

% Daily Value*

Total Fat 20.1g **26%**

Saturated Fat 5.9g **30%**

Cholesterol 35mg **12%**

Sodium 844mg **37%**

Total Carbohydrate 37.5g **14%**

Dietary Fiber 8.2g **29%**

Total Sugars 9.9g

Protein 10.3g

Vitamin D 0mcg **0%**

Calcium 175mg **13%**

Iron 6mg **33%**

Potassium 568mg **12%**

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Cowpea Muffins

Preparation: 15 mins

Cooking: 20 mins

Serves: 4 people



Ingredients:

- 2 medium eggs.
- 125ml vegetable oil.
- 250ml milk.
- 200g sugar.
- ½ tsp salt.
- 1 tbsp baking powder.
- 400g cowpea flour.
- 100g plain wheat flour.
- 100g dried fruits such as sultanas or dried cherries or chocolate chips (optional).

Method:

- 1) Heat the oven to 180°C.
- 2) Line two muffin trays with paper muffin cups.
- 3) In a large bowl beat the eggs lightly with a handheld electric mixer for 1 minute.
- 4) Add the oil and milk and beat until just combined then add the sugar and whisk until you have a smooth batter.
- 5) Sift in the plain flour and cowpea flour, salt and baking powder and mix until smooth.
- 6) Stir in the dried fruits or chocolate chips (optional).
- 7) Fill muffin cups to two-thirds full and bake for 20 – 25 minutes until risen, firm to the touch and when a skewer is inserted in the middle comes out clean.
- 8) Leave the muffins in the tin to cool for a few minutes and transfer to a wire rack to cool them completely. Serve with your favourite drink or hot beverage.

Nutrition Facts

Servings: 4

Amount per serving

Calories **672**

% Daily Value*

Total Fat 36.8g **47%**

Saturated Fat 7.7g **38%**

Cholesterol 87mg **29%**

Sodium 361mg **16%**

Total Carbohydrate 82.3g **30%**

Dietary Fiber 0.7g **2%**

Total Sugars 53g

Protein 10.2g

Vitamin D 8mcg **40%**

Calcium 261mg **20%**

Iron 2mg **9%**

Potassium 552mg **12%**

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Cowpea Stuffed Pumpkin Flowers

Preparation: 10 mins
Cooking: 10 mins
Serves: 2 people



Ingredients:

- 5 Pumpkin flowers.
- 250g Boiled cowpea.
- 3 tablespoon oil.
- 1 large onion, sliced.
- 2 ripe tomatoes, chopped.
- 30g Royco Usavi or Knorr.
- 2 teaspoons paprika.

Method:

- 1) Wash the pumpkin flowers and par boil.
- 2) Fry the onion in a large saucepan and add tomatoes and then the boiled cowpea, add in Royco Usavi and some paprika and combine the ingredients thoroughly.
- 3) Stuff the pumpkin flowers with the cooked cowpea. Serve for breakfast, lunch, or supper.

Nutrition Facts

Servings: 2

Amount per serving

Calories **356**

% Daily Value*

Total Fat 24.1g **31%**

Saturated Fat 4.5g **23%**

Cholesterol 5mg **2%**

Sodium 1106mg **48%**

Total Carbohydrate 27.9g **10%**

Dietary Fiber 5.5g **20%**

Total Sugars 1.4g

Protein 8.9g

Vitamin D 0mcg **0%**

Calcium 37mg **3%**

Iron 2mg **10%**

Potassium 336mg **7%**

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Cowpea plantain

Preparation: 10 mins

Cooking: 10 mins

Serves: 2 people

Ingredients:

- 250g Cowpea (1 cup), soaked overnight and boiled.
- 2 Ripe Plantain bananas (unripe can be used but needs to be boiled for 20 minutes).
- 2 teaspoons cooking oil.
- 1 medium onion finely chopped.
- 1 cup tomatoes chopped.
- 3 cloves garlic.
- Salt and pepper.
- 1 sprig rosemary finely chopped.
- 1 tablespoon Worcestershire sauce.
- ¼ teaspoon paprika.
- 1 green, red or yellow pepper chopped.



Method:

- 1) Fry onions and garlic in oil until tender in a saucepan.
- 2) Add the tomatoes, rosemary, paprika, salt and pepper.
- 3) Cook for about 5 minutes then add the boiled cowpea.
- 4) Add the Worcestershire sauce and simmer for 10 minutes.
- 5) Cut your plantain into small slices and fry them in a large saucepan until soft and tender. Serve them with your cooked cowpea on the side or mix the plantain and the cooked cowpea.

Nutrition Facts

Servings: 2

Amount per serving

Calories **463**

% Daily Value*

Total Fat 10.1g **13%**

Saturated Fat 1.5g **7%**

Cholesterol 0mg **0%**

Sodium 1586mg **69%**

Total Carbohydrate 91.8g **33%**

Dietary Fiber 12.3g **44%**

Total Sugars 6.2g

Protein 11.5g

Vitamin D 0mcg **0%**

Calcium 91mg **7%**

Iron 6mg **34%**

Potassium 755mg **16%**

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Cowpea Pizza

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 200oC.
- 10) Bake for 10-15minutes in a well preheated oven. Remove from oven, slice, and serve.

Preparation: 20 mins

Cooking: 8-15 mins

Serves: 4 people

Nutrition Facts

Servings: 4

Amount per serving

Calories **411**

% Daily Value*

Total Fat 9.5g 12%

Saturated Fat 3.1g 16%

Cholesterol 71mg 24%

Sodium 529mg 23%

Total Carbohydrate 45.4g 17%

Dietary Fiber 6.9g 25%

Total Sugars 5.7g

Protein 36.7g

Vitamin D 225mcg 1125%

Calcium 47mg 4%

Iron 19mg 107%

Potassium 1081mg 23%

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Cowpea Fresh leaves

Preparation: 10 mins

Serves: 2 people



Ingredients:

- 100g Fresh cowpea tender leaves.
- 1 onion chopped.
- 2 Medium tomatoes chopped.
- Pinch of salt.
- 1 teaspoon Royco Usavi mix.
- 2 tablespoons vegetable oil.

Method:

- 1) Pick young tender leaves and wash them with clean water.
- 2) In a saucepan heat vegetable oil, add onion and stir then add tomatoes.
- 3) Add the fresh cowpea tender leaves into the saucepan, add salt, Royco Usavi mix and combine the mixture thoroughly until well cooked.
- 4) Serve with starch of your choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories **230**

% Daily Value*

Total Fat 14.7g **19%**

Saturated Fat 2.8g **14%**

Cholesterol 0mg **0%**

Sodium 233mg **10%**

Total Carbohydrate 20.9g **8%**

Dietary Fiber 3.1g **11%**

Total Sugars 3.2g

Protein 5.1g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 1mg **5%**

Potassium 378mg **8%**

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