

Jollof Style Pasta

Jollof is usually made with rice and is one of the most common dishes in Western Africa.

Beet and/or Sweet Potato Pasta



Ingredients:

- 1 medium sized beet or sweet potato
- 1 T olive oil
- 1 cup All-purpose flour
- ¼ cup puree (sweet potato or beet)
- ½ tsp salt

Directions:

1. Preheat oven to 350°F
2. Rub with olive oil and roast the quartered beet and/or sweet potato until soft about 35-45 minutes.
3. After the beet and/or sweet potatoes are cool enough to handle. Puree in a food processor or blender with 2-4 Tablespoons of water. Depending on the water weight of the vegetable you are using this can vary. Essentially you will want enough water to the vegetable puree is slightly thick.
4. In a large bowl, add the flour, salt, and mix. Make a well in the center and add olive oil and ¼ cup of beet or sweet potato puree, add water and using a fork mix together stir in the middle of mixture. Make sure to incorporate the flour in slowly.
5. Once the dough is completely mixed together, knead for 5 minutes and cover or wrap tightly with plastic wrap and let rest for 15 minutes.
6. Cut dough into portions. With a pasta machine roll dough out and cut into your favorite pasta.
7. Either hang pasta to dry on a rack or heat salted water and cook fresh pasta immediately.

Nutrition Facts

	Serving (1) 266.5g	
Calories	672 kcal	34%
Calories from Fats	610 kcal	31%
Total Fat	13.6 g	21%
Saturated Fat	1.9 g	9%
Cholesterol	0 mg	0%
Sodium	1251 mg	52%
Total Carbs	118 g	39%
Fiber	7.9 g	31%
Sugars	9.4 g	19%
Protein	14 g	28%

Jollof Sauce



Ingredients:

- 1 ½ cups of chicken or vegetable stock
- 1 -28oz can of diced tomatoes or (when in season) use 5 fresh medium size Michigan tomatoes
- 1 medium size onion, small diced
- 1 red bell pepper, seeded and small diced
- 1 jalapeno peppers, seeded and minced
- 2 T olive oil
- 2 T fresh cilantro, chopped finely
- 1 T fresh minced ginger, minced
- 1 T fresh basil, chopped finely
- 1 tsp paprika
- 1 tsp curry powder

Directions:

1. In a large saucepot over medium heat, add olive oil and onion.
2. Caramelize onion then add red pepper, jalapeno, ginger, paprika, black pepper and sauté for 3-5 minutes or until vegetables are slightly softened.
3. Add tomatoes, cilantro and basil.
4. Cover with a lid and reduce to low heat, stirring occasionally. Simmer for 25-30 minutes.
5. If a smoother sauce is desired in a blender, puree half of the sauce and add it back to the remaining mixture.

Nutrition Facts

	Serving (1) 1,671g	
Calories	576 kcal	29%
Calories from Fats	422 kcal	21%
Total Fat	28.7 g	44%
Saturated Fat	3.9 g	19%
Cholesterol	7.2 mg	2%
Sodium	4521 mg	188%
Total Carbs	67.7 g	23%
Fiber	14.1 g	56%
Sugars	40.7 g	81%
Protein	12.3 g	25%