

Chino's Easy Yam Porridge

Serves: 4

Cooking & Prep time: 30 minutes

Ingredients

- 1 Yam
- 2 Medium onions
- 2 Red peppers
- 1 Scotch bonnet (to taste)
- 1 Low salt stock cubes
- 1 Tablespoon oil
- 1 Packet of baby spinach

Method

Peel and cut yam into small cubes, then wash

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Finely chop peppers, onion and scotch bonnet

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Boil yam in water, when it has softened add all the other ingredients except spinach

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When everything is cooked add spinach then serve