

Tunde . 14/05/2023



Prep Time
Cook Time
Servings

Ingredients

The African stewed spinach is a tasty and nutritious dish that is high in protein, iron, vitamin C, and

Instructions

1. Wash the spinach and remove the stems. Chop the spinach into small pieces.

Notes

1. This recipe is for 4 servings. You can adjust the quantities according to your needs.