

CHAKALAKA SAMP & BEANS

Food Sock



PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

CHAKALAKA SAMP & BEANS

RECIPE SUGGESTION:

Enjoy as is, or add your favourite meat product. Add extra curry if you like it spicy.

PREPARATION GUIDE: ~ MEAL FOR 4 ~

Boil Samp & Beans for 20min and let rest while covered for another 60min until soft. Add all ingredients to pot with 500ml boiling water. Cook over low heat for approx. 15min. Add more water if required to get desired consistency.

NUTRITIONAL INFO

TOTAL (g) Serving / 100

Energy (kJ)	1177	1471
Protein (g)	14.4	18
Carbohydrates (g)	54	67.7
of which total sugar (g)	0.7	0.9
Total Fat	0.8	1
of which total Saturated Fat	0.1	0.2
Dietary Fibre (g)	7.5	9.4
Sodium (g)	1.5	1.6
Cholesterol (mg)	1.1	1.4
Potassium (mg)	0	0



INGREDIENTS:
Maize (corn), Beans,
Salt, Sugar, Flavourings,
MSG, Spices.

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Chakalaka Breakfast

Chakalaka Samp & Beans Sock

Ingredients:

1 x Chopped Onion
 15ml Oil
 1 x Green Pepper (Sliced)
 1 x Grated Carrot
 2 x Beef Stock Cubes
 1 x Can Tomato & Onion Mix
 4 x Cups Water
 250g Frozen Mixed Vegetables
 50g Tomato Paste
 15ml Sugar
 Bread
 Eggs
 Worcestershire Sauce*



Preparation:

1. Soak the samp & beans overnight & strain.
2. Dissolve the stock cubes in the 4 x cups of boiling water.
3. Add the samp and beans & the rest of the Sock. Simmer until soft and cooked stirring frequently.
4. In a separate pan, fry the onion, green pepper and carrot in the oil until soft.
5. Add the mixed vegetables, Sock, tomato paste, tomato mix and water.
6. Cook over low heat until the soya is cooked.
7. Add the sugar, dash of Worcestershire sauce, salt and pepper to taste.
8. To serve, spoon the mixture on plates and serve with toast and fried/scrambled eggs.

Notes:

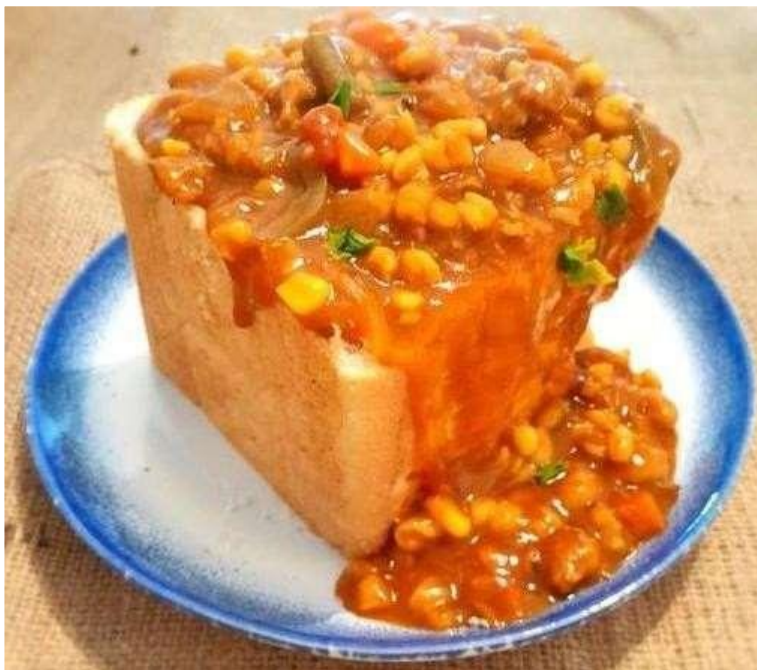
* Optional

Chakalaka Bunny Chow

Chakalaka Samp & Beans Sock

Ingredients:

1 x Whole Bread
 1 x Chopped Onion
 15ml Oil
 1 x Green Pepper (Sliced)
 1 x Grated Carrot
 2 x Beef Stock Cubes
 1 x Can Tomato & Onion Mix
 4 x Cups Water
 250g Frozen Mixed Vegetables
 50g Tomato Paste
 15ml Sugar
 Dash of Worcestershire Sauce*
 Water



Preparation:

1. Soak the samp & beans overnight & strain.
2. Dissolve the stock cubes in the 4 x cups of boiling water.
3. Add the samp and beans & the rest of the Sock. Simmer until soft and cooked, stirring frequently.
4. In a separate pan, fry the onion, green pepper and carrot in the oil until soft.
5. Add the mixed vegetables, sock, tomato paste, tomato mix and water.
6. Cook over low heat until the soya is cooked.
7. Add the sugar, Worcestershire sauce, salt and pepper to taste.
8. Slice bread in half and hollow out soft inner.
9. Spoon the mixture into each hollowed out half loaf and serve.

Notes:

* Optional

Chakalaka Samp & Bean Bake

Chakalaka Samp & Beans Sock

Ingredients:

3 x Chicken or Veggie Stock Cubes
 125ml Cream
 1 x Can Mild Chakalaka
 250ml Frozen Mix Vegetables
 250ml Grated Cheddar Cheese



Preparation:

1. Preheat the oven to 180 °C.
2. Soak the samp & beans overnight in water and strain.
3. In a large pot dissolve the stock cubes in 750ml boiling water.
4. Add the samp & beans and rest of the sock. Turn down the heat and simmer until cooked.
5. Add the cream, chakalaka and frozen vegetables.
6. Stir to combine and simmer for another 3-5 minutes.
7. Remove from the heat and stir in half the cheese. Mix well.
8. Transfer to a greased ovenproof dish and sprinkle the rest of the cheese on top.
9. Bake for 15 minutes until the cheese are melted and golden brown.
10. Serve as a side dish with a braai/roast chicken/lamb.

Notes:

* Optional

Creamy Chakalaka, Samp & Bean Soup with Biltong

Chakalaka Samp & Beans Sock

Ingredients:

15ml Oil
 10ml Crushed Garlic
 1 x Sliced Onion
 1 x Diced Green Pepper
 15ml Curry Powder
 Pinch Crushed Chillies*
 3 x Grated Carrots
 1 Can Chopped Tomatoes
 50g Cream of Tomato Soup Powder
 60ml Cream
 50g Sliced Moist Biltong
 Salt & Pepper to Taste
 500ml water



Preparation:

1. Soak the samp & beans overnight.
 2. In a large frying pan, heat the oil and fry the onion, garlic, green pepper, curry powder & chilli flakes.
 3. Stir in the grated carrots and fry for 2 minutes.
 4. Add the samp & beans, the rest of the sock, chopped tomatoes & water.
 5. Simmer over low heat until the samp & beans are soft.
 6. Mix the soup powder with 1 cup of water and add to the pot. Mix well and simmer for 10 minutes.
 7. Stir in the cream & bring to the boil for 2 minutes. Add salt & pepper to taste.
 8. Dish in bowls and top with parsley and biltong.
- Suggestion: For a smoother soup, use a blender & blend to your liking.

Notes:

* Optional