

Recipe for Githeri Samples

Trying githeri is a memorable experience! This recipe yields ~75 samples of about one tablespoon each. This amount provides a good idea of what the meal is like.

Ingredients

- **4 cups dried Kenyan white corn**
<https://www.amazon.com/Mahindi-Kenyan-Whole-White-Corn/dp/B07Q9Y3LQJ/>



- **1 cup small red beans**
<https://www.walmart.com/ip/Great-Value-Small-Red-Beans-1-lb/716746746>



- **2 teaspoons salt**
- **14 cups water**
- **2 Tablespoons oil**



Directions

1. Place corn, water, and salt in a large pot. Cover and cook for about 3 hours.
2. Add beans and continue cooking for an additional 2-3 hours, until beans are soft. (The corn may still be a little chewy.)
3. Stir in oil and serve.

