

Tiga Mahaho from The Gambia

INGREDIENTS

- 1 cup of smooth peanut butter with no sugar
 - just peanuts, salt and maybe oil
- 1 large onion and 5-10 garlic cloves
- 4 cups water
- 1 lb beef or chicken
- 1/4 lb pumpkin
- 4 tbsp tomato paste
- 2 medium fresh tomatoes
- Salt & pepper to taste
- 1 bouillon cube (beef or chicken)



MISSION FOCUS

Erik & Ele Brohaugh
Missionaries to Gambia

Read more about Erik & Ele on
other side →

INSTRUCTIONS

Wash and cut meat into bite size pieces

(chicken should be cut into larger pieces)

Sear the meat in a little oil until brown. Sauté onions and garlic with a little oil then add chopped fresh tomatoes for 3-4 minutes.

Add the water and bring to a boil.

Add peanut butter then all other ingredients, stirring occasionally and cover in between to avoid spitting.

Reduce heat after 10 minutes and simmer for 45 minutes.

Serve with plain boiled rice (2-3 cups dry).

SERVING

Serve with lemon wedges and hot pepper flakes over cooked rice.

Serves 4-6

NOTE: This dish is called 'Tiga Mahaho' in Serahule, referred to as 'Durango' in Mandinka and as 'Mafe' by the Wollofs of Senegal.

About our missionaries in Gambia:



Youth With A Mission is a global movement of Christians from many cultures, age groups, and Christian traditions, dedicated to serving Jesus throughout the world. Also known as YWAM, they unite in a common purpose to know God and to make Him known. Back when they began in 1960, their main focus was to get youth involved in missions. Today, they still focus on youth, and they also involve people aged 9 to 90. One of the joys of participating in YWAM is to work with people from many nations. YWAM's staff come from nearly every country in the world, including places like Indonesia, Nepal, Mozambique, and Colombia.

Our YWAM ambassadors are Erik and Eleanor Brohaugh. They serve in The Gambia, however since Covid-19 and passport restrictions, they are living in Duluth, MN.