



Food and Agriculture
Organization of the
United Nations



Roasted Cowpeas

Zimbabwe | Easy | 1 hour | 5/6 servings | *Snack*



Ingredients

Cowpea, dry	330 g
Water	470 ml
Table salt	5 g

Tools and equipment

- ~ Strainer
- ~ Stainless steel cooking pot or saucepan
- ~ Wooden spoon or other stirring tool



Directions

- 1 Wash cowpeas and soak them for 30 minutes in water.
- 2 Drain and place in a pot with water.
- 3 Cook until the water evaporates, stirring constantly.
- 4 Continue stirring the cowpeas over medium heat to avoid burning or uneven browning, until the skins rub off (approximately 1 hour).
- 5 Serve as snacks.