

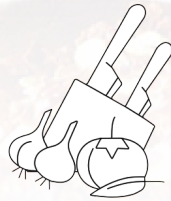
# Kachumbari

(Tomato and Onion Salad)

**Prep Time:** 15 minutes

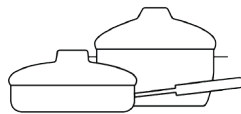
**Servings:** 4-6

**Fun Fact:** Kachumbari is a spicy and flavorful salad that accompanies most meals in Tanzania.



## Ingredients

- |   |                                |
|---|--------------------------------|
| 5 tomatoes, chopped or diced                    | Juice of 1 lemon (or lime)     |
| 2 small onions, very thinly sliced or diced     | 3 tablespoons of olive oil     |
| 1 red chili, diced or thinly sliced into strips | Salt and freshly ground pepper |
| Handful fresh cilantro, finely chopped          |                                |



## Directions

1. Toss tomatoes, onions, chili and cilantro in a large serving bowl.
2. Mix lemon juice and olive oil together
3. Pour over salad and toss.
4. Add salt and pepper.
5. Chill for 30 minutes to an hour and serve.