

Red Red with Fried Plantains

Prep Time: 20 minutes Total Time: 60 minutes

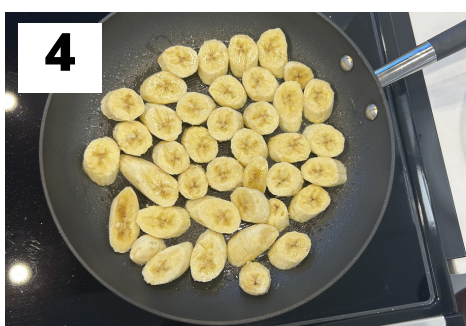
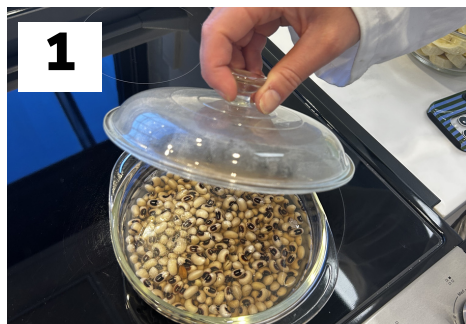


**Eat Smart
Move More**
Virginia Cooperative Extension • Family Nutrition Program



Ingredients

- 1 cup Dried black-eyed peas
- 1 small Onion
- 1 can, 14.5 oz Canned diced tomatoes
- 2 tablespoons Tomato paste
- 2 cloves garlic, minced
- 1 teaspoon Ginger
- 4 tablespoons Vegetable oil
- ½ teaspoon Salt
- 4 plantains
- 4 cups Fresh spinach



Directions

Bean stew

1. Heat 2 tbsp oil in pot and Sauté chopped onions (5 minutes). Add minced garlic + ginger (1 min)
2. Stir in diced tomatoes + tomato paste and allow to simmer for 10 minutes
3. Add drained black-eyed peas + salt and allow to simmer for 15-20 min until thick

Fried bananas

1. Slice ripe plantains diagonally
2. Pan fry in oil until golden (3-4 min each side)

Cooked spinach

1. Sauté spinach with small amount oil + salt
2. Cook 3-5 minutes until wilted



Nutrition Facts

servings per container	
Serving size	(310g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 62g	23%
Dietary Fiber 10g	36%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 4.1mg	25%
Potassium 1240mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Follow Us | Like Us



@VaFNP

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP).

**Virginia
Cooperative
Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.

Ghana is a country located in West Africa along the Gulf of Guinea and has a population of over 30 million people. Ghana has a rich history and culture and was one of the first African nations to gain independence from colonial rule. It has a diverse geography that includes coastal plains, forests, and savannas.

Overview of Common Foods

- Staples: Maize, cassava, yam, plantain, rice, groundnuts
- Produce: plantains, yams, tomatoes, okra, chili peppers, onions, garden eggs, peanuts
- Animal products: chicken, beef, chevon (goat), pork, mutton
- Herbs/spices/flavorings: ginger (kakadro), garlic, cloves (peppre), Negro pepper (hwentia)

Agricultural Products of Country/Region

- Cocoa (world's 2nd largest producer), cassava (4th), and yam (2nd), alongside significant production of plantain, maize, oil palm, and peanuts.
- Cattle, sheep, and goats

Suggested Substitutions for Cultural Foods

1. Bananas instead of plantains
2. Sweet potatoes instead of yams
3. Spinach instead of nkontomire
4. Rice instead of fufu
5. Cornmeal instead of banku

Other Useful Information about this culture

Total population: 35.1 million (2026)

Language(s) spoken: English is the official language however Akan, Ewe, Ga, and Dagbani are also spoken in this region

Measurement system: metric system (SI units)

Health: The role of spirituality in mental, physical, and community health is very important to the region. Herbal medicine is a very common practice there.

Size of Ghana: Ghana is very small compared to the US and is roughly the size of Oregon



Image sourced from National Geographic Kids. Date accessed April 22, 2026



Image Sourced from Best of Vegan. Date accessed April 22, 2026



Image sourced from World Bank Blogs. Date accessed April 22, 2026

Ghana Flag Image sourced from Wikimedia Commons. Date accessed April 22 2026

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program—SNAP. Virginia Cooperative Extension programs and employment are open to all. Virginia Cooperative Extension is an equal opportunity/affirmative action employer.