

Dinner Recipes

Wind down with intention. Healing meals for calm, clarity, and restoration.

Welcome to Tango Fresh's collection of Kenyan dinner recipes made to support your emotional wellness, digestion, and sense of grounding as the day comes to a close.

Evenings offer a sacred pause, a time to unwind, nourish, and reset. What we eat during this time can make all the difference in how we sleep, how we feel, and how our bodies restore overnight. This collection of wholesome, Kenyan-inspired dinners is designed to support your nervous system, gut health, and emotional balance with ingredients that are comforting, familiar, and deeply nourishing.

You'll find these recipes grouped into three calming and restorative categories:

- For calming the nervous system – meals that soothe stress and ease anxiety
- For gut health & digestive ease – meals that support a healthy gut-brain connection
- For restoration & grounding – meals that bring warmth, stability, and comfort

Expect meals that are:

- Rooted in Kenyan food culture
- Simple to prepare and gentle on digestion
- Rich in mood-supportive nutrients
- Comforting, satisfying, and full of flavor

Whether you're enjoying a bowl of lentil soup, savoring soft mukimo with grilled chicken, or wrapping up the day with omena stew and greens, each meal is a small act of self-care grounding you in presence, nourishment, and peace.

So as the sun sets, come home to your plate. These recipes are here to help you rest, digest, and restore.

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1. For calming the nervous system

These meals help reduce anxiety, quiet the mind, and ease tension. They're rich in calming nutrients like magnesium, B vitamins, and omega-3s supporting mood regulation and helping your body shift from stress to rest.

- Beef Stew with Sweet Potatoes and Spinach
- Omena Stew with Ugali and Managu
- Sweet Potato and Bean Stew

2. For gut health & digestive ease

These meals nourish your gut, which in turn supports mental clarity and emotional stability. Packed with fiber, prebiotics, and anti-inflammatory ingredients, they promote smooth digestion and a healthier gut-brain connection.

- Vegetable and Lentil Soup
- Vegetable and Lentil Stew with Brown Rice
- Tilapia Stew with Brown Rice

3. For restoration & grounding

These meals are deeply nourishing and help you feel centered, stable, and recharged. Balanced with complex carbs, healthy fats, and proteins, they replenish energy reserves, promote restful sleep, and help your body recover after a long day.

- Mukimo with Grilled Chicken
- Githeri with Avocado and Fresh Salad
- Chapati with Vegetable Curry
- Beef and Vegetable Stir Fry with Brown Rice

1. Beef Stew with Sweet Potatoes and Spinach

This hearty meal supports emotional balance with iron and B vitamins from beef. Sweet potatoes and spinach add natural antioxidants that help calm the nervous system.



Prep time: 50 mins

Serves: 4

Ingredients:

- 500g beef stew cubes
- 2 medium sweet potatoes, peeled and diced
- 3 cups fresh spinach
- 1 onion, chopped
- 2 tomatoes, pureed
- 2 tbsp oil
- Salt, pepper, garlic

Instructions:

1. Brown beef cubes in oil.
2. Add onions, garlic, and pureed tomatoes, simmer 20 mins.
3. Add sweet potatoes, cook until tender (~15 mins).
4. Stir in spinach until wilted. Serve warm.

2. Omena Stew with Ugali and Managu

Omena is rich in omega-3s and calcium, which help calm the nervous system and support emotional balance.



Prep time: 35 mins

Serves: 3

Ingredients:

- 1 cup dried omena, cleaned
- 2 cups maize flour (ugali)
- 3 cups water
- 3 cups chopped managu
- 2 tbsp oil
- Salt

Instructions:

1. Fry omena in oil until crispy.
2. Prepare ugali by boiling water and adding maize flour gradually, stirring to thicken.
3. Sauté managu with salt until tender.
4. Serve omena with ugali and managu.

3. Sweet Potato and Bean Stew

This stew is rich in fiber and slow-digesting carbs that help calm your mood. It supports emotional balance and keeps you feeling full and grounded.



Prep time: 40 mins

Serves: 4

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 cup cooked kidney beans
- 1 onion, chopped
- 2 tomatoes, pureed
- 1 tbsp oil
- Salt, chili (optional)

Instructions:

1. Sauté onion in oil, add tomatoes and cook until soft.
2. Add sweet potatoes and beans, simmer until sweet potatoes are tender (~25 mins).
3. Season and serve warm.

4. Tilapia Stew with Brown Rice

A light, nourishing meal rich in omega-3s and fiber to support brain function and digestive balance.



Prep time: 40 mins

Serves: 3

Ingredients:

- 1 whole tilapia, cleaned
- 1 cup brown rice
- 1 onion, chopped
- 2 tomatoes, pureed
- 1 tbsp oil
- Curry powder, salt, pepper

Instructions:

1. Cook brown rice until tender.
2. Heat oil, sauté onions, add tomatoes and curry powder.
3. Add tilapia, cook gently until done (~15 mins).
4. Serve stew with brown rice.

5. Vegetable and Lentil Soup

Lentils and veggies provide fiber and nutrients that support gut microbiome and mental clarity.



Prep time: 40 mins

Serves: 4

Ingredients:

- 1 cup red lentils
- 2 carrots, diced
- 1 onion, chopped
- 2 tomatoes, chopped
- 3 cups vegetable broth
- Salt, cumin

Instructions:

1. Sauté onion, carrots, and tomatoes.
2. Add lentils and broth, simmer until lentils are soft (~30 mins).
3. Season and serve warm.

6. Vegetable and Lentil Stew with Brown Rice

A nourishing combo that supports digestion and provides steady, grounding energy for the evening.



Prep time: 50 mins

Serves: 4

Ingredients:

- 1 cup red lentils
- 2 carrots, chopped
- 1 cup spinach
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 cup brown rice
- 1 tbsp oil
- Salt, cumin

Instructions:

1. Cook brown rice.
2. Sauté onion, tomatoes, carrots, add lentils and water, simmer.
3. Add spinach at the end. Serve with rice.

7. Mukimo with Grilled Chicken

A hearty, grounding meal that provides lasting energy and supports mental clarity through a balance of complex carbs and lean protein.



Prep time: 45 mins

Serves: 4

Ingredients:

- 3 large potatoes, peeled and chopped
- 2 cups sukuma wiki or spinach, chopped
- 1 cup peas
- 500g chicken pieces
- 2 tbsp oil
- Salt, pepper, garlic

Instructions:

1. Boil potatoes, peas, and sukuma wiki until soft. Mash together with a little butter or oil.
2. Season chicken with salt, pepper, and garlic, grill until cooked.
3. Serve grilled chicken with a generous scoop of mukimo.

8. Githeri with Avocado and Fresh Salad

A nourishing and grounding meal that provides steady energy and supports emotional balance.



Prep time: 45 mins

Serves: 4

Ingredients:

- 1 cup maize, soaked or fresh
- 1 cup kidney beans, soaked
- 1 avocado, diced
- 1 tomato, diced
- 1 onion, chopped
- Salt, lemon juice

Instructions:

1. Cook maize and beans together until tender (~30 mins).
2. Sauté onions and tomatoes, mix into githeri.
3. Toss avocado with lemon juice and salt.
4. Serve githeri with avocado and salad.

9. Chapati with Vegetable Curry

Provides comforting, slow-releasing energy from the chapati, while the vegetable curry supplies essential vitamins and fiber to support digestion and overall wellness.



Prep time: 50 mins

Serves: 3

Ingredients:

- 3 chapatis
- 2 carrots, diced
- 1 cup peas
- 2 potatoes, diced
- 1 onion, chopped
- 1 tomato, pureed
- 1 tbsp oil
- Curry powder, salt

Instructions:

1. Sauté onions, add pureed tomatoes and curry powder.
2. Add vegetables and water, simmer until cooked.
3. Serve curry with chapati.

10. Beef and Vegetable Stir Fry with Brown Rice

This meal provides iron-rich beef and fiber-packed vegetables to support sustained energy and keep you feeling grounded throughout the evening. The combination of protein and complex carbs helps maintain steady blood sugar and mental focus.



Prep time: 35 mins

Serves: 3

Ingredients:

- 300g lean beef strips
- 2 cups mixed vegetables
- 1 cup brown rice
- 2 tbsp soy sauce
- 1 tbsp oil
- Salt and pepper

Instructions:

1. Cook brown rice.
2. Stir fry beef and vegetables, add soy sauce.
3. Serve over rice.