



LOVES FOOD

BEAN STEW

INGREDIENTS:

- 2 cups Kabulangeti beans
- 1 large onion chopped
- 3 tablespoons cooking oil
- 1 teaspoon salt
- 2 teaspoons thyme
- 2 medium tomatoes grated
- 1 red bell pepper chopped
- 1 yellow bell pepper chopped

METHOD:

1. Clean, choose and wash your beans
2. Place your beans in a pressure cooker with 2 cups of water
3. Cook the beans in your pressure cooker for 30-40 minutes (depending on your cooker)
4. When ready, the beans should be soft but not mashed
5. Soften your chopped onion in oil until translucent
6. Add tomato, thyme and salt and fry until the tomato has cooked
7. Add your beans with whatever remaining water it has after pressure cooking
8. Allow beans to simmer until the sauce is thick enough to coat the back of your cooking spoon
9. Add chopped bell peppers and simmer for another 5 minutes

SERVING SUGGESTION

This pot of beans can be the gift that keeps on giving all week. As a side dish to Nshima, rice or chapati/roti, it's the perfect filling protein-packed dish that the whole family will love.

Enjoy!

With love,
From Famous Warrior's kitchen