

ALL-KENYAN BEAN STEW

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The beauty about cooking is that you can always transform everyday meals into a feast!
This is an all-Kenyan bean stew with a delicious gourmet twist.

Ingredients

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| 1 1/2 cup of beans | 2 tablespoon of royco all spice mix |
| 2 tablespoons of whole cumin seeds | 3 tablespoons of tomato paste |
| 6 cloves of minced garlic | Red onion, minced |
| Thumb sized ginger root, minced | 2 tablespoons of ground cumin |
| 3 tomatoes, pureed | 1 tablespoon of black pepper |
| 3 tablespoons of tomato paste | 2 finely chopped green bell pepper |
| Red onion, minced | Coriander for garnish, finely chopped |

Method

Soak your beans for about an hour. Put them to boil together with your minced garlic, minced ginger and whole cumin seeds. This is an important step as it will infuse the flavor into the beans. Save half of your garlic for the frying process. After you have boiled the beans, drain the excess water and set them aside.

In a separate sufuria, put your onions to fry with the remaining garlic, until they are soft. Add your tomatoes and mix them in with your tomatoes. Then add the tomato paste and allow this to simmer for about 3-5 minutes.

Add your beans and mix them in. Put your royco, black pepper, ground cumin and some salt in a cup with some hot water and mix them into a thick paste. Add your beans to the tomatoes together with the carrots. Dice your carrots really small almost the same size as your beans then add them in.

Add water for the stew bit by bit, until you get the right thick consistency. After about 5 minutes of adding your carrots, add your finely chopped bell pepper (which should also be finely chopped).

After the dish is ready, add in the finely chopped coriander, mix it in then serve.



SERVE WITH: ugali, rice, chapati or your preferred starch.

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/all-kenyan-bean-stew/>