



I love a good bean stew! And not time would be perfect to have one than this time of year!  
Get ready to fall head over heels with my coconut milk chili bean stew <3



## Ingredients

2 cups of beans (wairimu)	1/2 tablespoon of whole cumin seeds
6 cloves of garlic	400g of coconut milk
1 red onion, diced	1 tablespoon of tomato paste
1 green bell pepper, finely chopped	1/2 teaspoon of turmeric
1 tomato, minced	1/2 teaspoon of paprika
2 carrots, cubed	2 tablespoons of Royco
1 bird's eye chili, finely chopped	Finely chopped coriander

## Method

In a sufuria, add your onion, green hoho and garlic and let this cook in your oil for about 3 minutes. Add the tomatoes, chili, tomato paste and let this simmer for about 5-7 minutes until everything comes together. Thereafter, add your boiled beans together with 1/4 cup of water followed by the spices. After 4 minutes, add the coconut cream and the carrots and mix everything in, allow this to cook for about 15-20 minutes on low heat so that everything comes together and the flavors marry. Once this is done, garnish with fresh coriander and serve.



SERVE WITH: your favorite starch and a side of veggies

---

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