



Beans taste great in ANY dish they are in and take up flavor well. Here is your new fave: my chilli cumin coconut milk yellow bean stew!



## Ingredients

5 cups of boiled yellow beans	1 tablespoon of garam masala
1 red onion	1/2 teaspoon of dried thyme
1 hoho	1/4 teaspoon of chili paste
5 cloves of garlic	500g of coconut milk
Handful of dania stems	1 cup of chopped carrots
3 tomatoes	Dania leaves to garnish
1 tablespoon of tomato paste	

## Method

Begin by boiling your yellow beans with some whole cumin and garlic. Once they are cooked through, set aside 5 cups for stewing and freeze the rest for next time.

In your sufuria, add your red onion, hoho, garlic and dania stems. Sautee until softened and then add the tomatoes and tomato paste. Add a tiny bit of hot water/stock, mix it in and then add the spices. Allow this to simmer until thickened. Add the beans, followed by your carrots and then add your coconut milk. Mix it in and allow it to simmer for about 20 minutes on low heat.

Once done, garnish with dania leaves and ladle the stew onto your bowl. Once done, add some coconut milk over the top + some fresh chilies and enjoooooooooy!!



SERVE WITH: some chapatti/ rice/ wanythang you feel like

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

Video: <https://youtu.be/ye5fW5RqWnY>