



## RED BEANS STEW

### Ingredients:

2 cups of Black-Eyed Beans, presoak at least 4 hours or overnight

2 Onions

2-3 cloves of Garlic

1 thumb-sized Ginger

1 Scotch Bonnet Pepper

2 Tbsp of Tomato Paste

5 to 7 Tbsp Olive Oil or any preferred

Seasonings: Cumin, Grain of Salim, Aniseeds Powder, Vegetable Seasoning

Salt to taste

### Preparation:

- Firstly the beans will be cooked separately, so add them into a pot and fill with water until they are about 2 to 3 inches submerged with water.
- Add salt and let them cook on medium heat until they are soft, easy to break.

In the meantime

- Blend 1 onion, Ginger, Garlic, Pepper and Grains of Salim in a mixer (no added water) until Purée consistency and set aside.
- Heat up the oil in a large pan, when hot add in sliced Onions and let fry for 3 mins.
- Proceed with your tomato paste, mix well, and let fry for additional 3 to 5 mins (do not let it burn).



- Now add the blended mixture and reduce to medium heat and let cook for 15 to 20 mins, occasionally stir.
- After 15 mins add your seasonings and let cook for additional 10 minutes.

Check on your beans (you may have to add a little water from time to time), if they are softer, easy to break/mushy, pour the beans (it should have a creamy texture, if too watery - drain excess liquid) into the stew and let it simmer for 10mins on reduced heat.

**Serve this on its own or add some Plantains, Yams, Potatoes to it!**