

Mauritanian Veggie Stew

2	onions	1 tbsp	oil
1/2 c	sorghum	1 c	red beans
2 tsp	maggi	4	garlic cloves
4	cayenne peppers	5 tbsp	dried tomato powder

1. Dice onions **2.** Crush garlic **3.** In a large pot sauté onions and garlic in oil
4. Add the rest of the ingredients with 1/3 l water **5.** Bring to a boil **6.** Simmer 3-5 hr