

## Red Veggie lover Bean Stew

### Ingredients

200g (7oz) dried dark looked at beans, or 400g (14oz) can natural dark peered toward beans

75ml (5 tablespoons) manageable palm oil or carotene oil

1 red onion, finely diced

2.5cm (1-inch) piece new root ginger, finely ground (unpeeled if natural)

½ tablespoon dried stew drops

½ red Scotch Cap bean stew, deseeded and diced

½ teaspoon curry powder

½ tablespoon stew powder

400g (14oz) can cleaved or entire plum tomatoes

200g (7oz) plum tomatoes, generally cleaved

1 tablespoon tomato purée

1 teaspoon ocean salt

½ teaspoon newly ground dark pepper

gari (matured, dried and ground cassava), for sprinkling

### Technique

In the case of utilizing dried beans, flush and spot in an enormous pot, cover with a decent profundity of water and bring to the bubble, then stew for no less than 1 hour or until the beans are sufficiently delicate to be pressed effectively among thumb and pointer. Channel and put away. In the event that utilizing a jar of beans, simply channel, wash and channel once more.

Heat the oil in an enormous, weighty based pan over a low-medium intensity until it dissolves (palm oil has a low smoke point, so be mindful so as not to allow it to consume), add the onion, ginger, stew chips and Scotch Hat and sauté delicately for a couple of moments until the onion is clear. Add the curry and bean stew powders and mix well.

Add every one of the tomatoes, tomato purée, ocean salt and dark pepper and mix through. Pass on to cook over a medium intensity for 45-an hour or until the tomatoes begin to separate. In the event that you need a smooth sauce, mix with a stick blender as of now.

Add the cooked or depleted canned beans, lessen the intensity to medium-low and cook for a further 30 minutes, blending infrequently with the goal that the beans don't adhere to the skillet, until the beans are delicate and the poignancy of tomatoes has dispersed.

Check the flavoring prior to serving in a bowl with some gari sprinkled on top, alongside a side of Straightforward Broiled Plantain.

### For Kelewele

1 loaded tbsp kelewele dry flavor blend, from a higher place

1 little red onion, ground

5cm/2in new root ginger, ground

squeeze ocean salt

vegetable oil, for profound searing

4-6 ready plantains, stripped and cut into chips

modest bunch simmered peanuts, squashed