

# Feijao - Black Beans

---

## Ingredients

2 tbsp olive oil  
1 large onion, finely chopped  
1 garlic clove, finely chopped  
1 small carrot, finely diced  
1 celery stick, finely diced  
1/2 tsp ground cumin  
1 tsp paprika  
1 1/2 tbsp tomato paste  
800gms canned black beans  
1 vegetable stock cube  
Few sprigs of thyme

## Directions

Step 1:

Heat the oil in a large saucepan, add the chopped vegetables and cook over a medium-low heat, until softened, about 8-10 minutes

Step 2:

Stir in the spices and thyme, and cook for a further 2-3 minutes.

Step 3:

Add the tomato puree and the drained black beans, the stock cube and 150ml water.

Step 4:

Bring to a simmer for about 10-12 minutes until slightly thickened

THE  
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

[www.facebook.com/secretjozichef](http://www.facebook.com/secretjozichef)