

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

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