

BEYOND THE SAVANNA

Recipes

HANNAH'S MOM'S MAHARAGWE
(Spiced Red Kidney Beans in Coconut Milk)

Ingredients:

- 2 1/2 cups dry kidney beans OR 7 cups cooked kidney beans
- 4 cups heavy coconut milk
- 1 medium onion, diced
- 3 medium tomatoes, diced OR 1 can tomato purée
- 1/2 teaspoon chili powder OR 1-2 small green chilies, seeded and minced (use more or leave the seeds in if you like your food spicy)
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1 tablespoon ginger/garlic paste
- 1 teaspoon coriander powder
- 1/4 cup cilantro, chopped

Note: If using dry beans prepare according to package directions

Preparation Instructions:

In a large pot heat your oil on medium heat. Add the onions and cook until they start turning golden, stirring frequently. Add in your ginger/garlic paste. Stir frequently and allow to cook for 2 minutes.

Add in your chili powder. Stir and cook for about 1 minute. Add in your tomatoes, stirring frequently. If you're not using tomato purée, cover the pot and allow the tomatoes to cook down (about 3 minutes).

Add in your curry powder, cumin, and ground coriander. Stir frequently. Cook this mixture for about 4 minutes. Add in your beans and stir gently using a wooden spoon so as not to break the beans.

Add in 2 cans of coconut milk (4 cups) to the beans and stir gently. Sprinkle the beans with chopped cilantro. Bring the beans to a boil, then reduce the heat to medium-low. Cover and allow to simmer for 25-30 minutes. Enjoy!