



DR CONGO

Congolese beans

INGREDIENTS

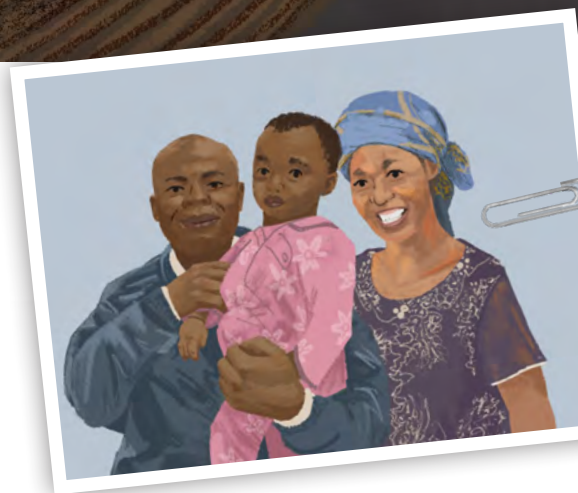
- 2-3 cups cooked beans such as red or pinto (2 cans)
- ½ small red onion, sliced thinly
- ¼ green pepper, sliced thinly
- ¼ cup olive oil
- 1 tbsp tomato paste
- ⅓ nutmeg nut
- 3 bay leaves
- 1 tsp garlic salt

INSTRUCTIONS

1. In a large sauté pan, fry onions in ¼ cup oil on medium high heat. When onions are translucent, add green pepper. After another minute, add tomato paste, stir for five minutes and watch the oil turn red.
2. Add enough water to make a sauce out of the oily paste in the pan. Add bay leaves. Cook for about five minutes.
3. Rub a nutmeg nut vigorously back and forth on a fine metal grater over the saucepan for 20 seconds. Add 1 tsp garlic salt. Add more water as necessary so the sauce is not watery, but not thick either.
4. When the vegetables have cooked long enough to disintegrate into the sauce, mix the sauce into the cooked beans. Cook the beans covered for about 15 minutes on medium low heat, stirring occasionally.
5. Serve with rice and hot sauce.

Serves 8

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