

Kidney Bean Stew

Global Kitchen - Recipe Card

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Kidney Bean Stew Ingredients:

- Kidney beans x2 tins**
- Small onion x1**
- Spring onion x2 (for the sauce)**
- Cloves of garlic x2**
- Handful of cherry tomatoes**
- Vegetable stock cube x2**
- Chillies x2**
- Dried Thyme x1 tsp**
- Peppers x2**
- Tomatoe Puree x 2 tbsp**
- Fresh Coriander X2 tbsp chopped**
- All purpose seasoning x2 tsp**
- Salt and black pepper to taste**

Method of Cooking

- 1. Put cooking oil in a pot on medium heat. Chop up the onion and add it into the pot with the chopped garlic. Cook for 3 minutes.**
- 2. Add the chopped mixed peppers and chillies to the pot. Cook them for another 2 minutes and then add the cherry tomatoes.
Mix everything together.**
- 3. Add the kidney beans and spring onions and cook for a further 2 to 3 minutes.**
- 4. When they are cooking take a cup with boiling water and add the two vegetable stock cubes and stir until dissolved.**
- 5. Put the whole cup of stock into the pot. Add thyme and all purpose seasoning.**
- 6. Cook the stew until it is reduced down. This will take about 15 minutes. Next step is to taste for salt and seasoning and to adjust it to the way you like it.**
- 7. Time to serve it.**

5-minutes for prep

30 minutes cooking time

Serves 4 people