



Coconut and Red Kidney Bean Soup

A recipe based on a Tanzanian stew. If you want to keep it as a main course stew, then reduce the liquid.

Serves : 4

Ingredients

1 large onion chopped finely
1 green pepper, chopped
1 tsp salt
2 oz / 50g butter
8 fresh tomatoes, chopped
2 x 14oz tins of kidney beans (or dried kidney beans cooked as instructed on packet).
1 tin coconut milk
4 oz / 110g cooked rice

Herbs & Spices

1 tsp Curry Madras Medium or 1 tsp Curry Hot
1/4 tsp (optional) Chilli Ground

Cooking Instructions

Melt the butter in a large heavy based pan and fry the onions and pepper over a medium heat for 5 minutes until soft. Don't allow to brown. Add the curry powder, salt and the chili powder if using and stir fry for a further minute. Add the fresh tomatoes, and fry for another 2 minutes.

Add the kidney beans with liquid to the vegetable and spice mix followed by the coconut milk. Fill the coconut tin with water and add to the soup. Stir well and bring to a simmer. Simmer gently for 10 minutes.

Add the cooked rice and warm through thoroughly. Check seasoning and serve.