

# Bean stew

A simple, high-protein, vegan bean stew which makes a quick and filling dinner.

Serves 4-6



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## Ingredients

- Extra-virgin olive oil
- One large red onion, finely chopped
- Four celery sticks, chopped
- Two carrots, peeled and grated.
- Two large cloves garlic, finely chopped
- One teaspoon of paprika
- One teaspoon of cumin seeds
- One teaspoon of cayenne pepper
- Two x 400g tins of chopped tomatoes
- Two large red peppers, chopped
- One tablespoon of tomato paste
- One tablespoon of sherry vinegar
- 1/4 cup red wine
- Freshly ground black pepper
- Himalayan salt

- Three x 400g tinned beans, such as black, borlotti, kidney and butter beans
- One to two cups of vegetable stock
- Lemon zest and juice, for serving
- Fresh coriander, for serving

## Method

1. Place some olive oil in a large saucepan or pot over medium heat. Sauté the red onion, celery and carrots until soft, about 8 to 10 minutes.
2. Add the garlic and spices and a little more olive oil if necessary and sauté for a further five minutes.
3. Add the chopped tomatoes, red peppers, tomato paste, vinegar and red wine and bring to a boil, then turn down the heat and cook for an hour, stirring occasionally.
4. Add the beans and add enough vegetable stock to cover nicely. Simmer for another hour over medium-low heat, stirring occasionally.
5. Test seasoning and adjust accordingly.
6. Serve with a lemon wedge and a sprinkling of coriander.

## Optional

- Add basmati rice to beef up the menu, or if you're feeding a crowd.

*Recipe courtesy of Amy Hopkins for HSI, Africa.*

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