

## Black Beans Stew

African Black Beans Stew - tasty and comforting bean stew flavored with garlic, ginger, onions, and Smoked Turkey, for an ultimate comfort food.

### Ingredients

Servings 5 -6

- 2 /15.5 ounce canned beans or 1 pound dried beans
  - 4 TBL cooking oil (canola, olive, )
  - 1 medium onion chopped
  - 1 cup carrots(chopped or cut )
  - 1 cup celery (chopped )
  - 128. oz can tomatoes (stewed, chopped)
  - 1 tablespoon beef base
  - ½ pound Smoked Turkey/chicken (other meats like sausage, can be added)
  - 1 tablespoon ginger (chopped ) I use the ginger paste in a tube
  - ½ tablespoon **garlic**
  - 3 cups stock/ water(my stock came from the juice when I cooked the smoked turkey)
  - 1 tablespoon paprika
  - salt and pepper as needed
1. Rinse dry black beans and pick through and discard any foreign object. Add black beans to a large pot covering with 3-4 inches of cold water.
  2. Cover and let sit overnight or 6 to 8 hours
  3. Drain the soaked beans, rinse, and place the beans in a Dutch oven or pressure cooker. Follow instructions for cooking beans in your pressure cooker. It takes roughly between 8 to 12 minutes to cook. If not using a pressure cook, cook the beans for about 1 to 1 1/2 hours until tender.
  4. Drain the cooked beans and set aside.
  5. if using canned beans you should start from here.
  6. Heat oil (palm and canola olive oil) in large saucepan over medium heat until hot. Sauté the onions in the oil for 3-4 minutes, stirring often and scraping any browned bits off the bottom of the pot.
  7. Add tomatoes, ginger, garlic, paprika, Maggie (bouillon) or base you can also use can broth or boxed broth and cook stirring for about 60 seconds,
  8. Add the Smoked meat, and let it simmer, for about 15 minutes, add water/ stock if needed to prevent burns. Continue to cook the sauce, stirring occasional
  9. Finally add the beans bring to a boil and then let it simmer for all the flavors to come together about 15 minutes.
  10. Adjust for seasonings and serve.

**Nutrition:**Calories: 188kcal | Carbohydrates: 25g | Protein: 18g | Fat: 1g | Cholesterol: 29mg | Sodium: 318mg | Potassium: 553mg | Fiber: 8g | Sugar: 1g | Vitamin A: 705IU | Vitamin C: 2.4mg | Calcium: 35mg | Iron: 2.4mg