

Less than 1 hour (excluding soaking time)

Serves 4-6

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Ingredients:

- 2 Tbsp (30ml) olive oil blend
- 1 onion, diced
- 2 red peppers, diced
- 4 cloves garlic, chopped
- 1 Tbsp (15ml) each ground coriander, ground cumin and smoked paprika
- 1 large sachet (100g) tomato paste
- ½ cup (110g) dried adzuki beans, soaked overnight and drained
- ½ cup (95g) dried cowpeas (black-eyed beans), soaked overnight and drained
- ½ cup (110g) dried black beans, soaked overnight and drained
- 2 cans (400g each) chopped and peeled tomatoes
- 3 Tbsp (45ml) Worcestershire sauce
- 2-3 Tbsp (30-45ml) brown sugar
- 4 cups (1L) vegetable stock
- 1 packet (400g) baby marrows, grated
- 2 Tbsp (30ml) cocoa powder
- Salt and milled pepper

DID YOU KNOW?

Forgot to soak beans? Place dried beans in a pot and boil for 3 minutes.

Drain and repeat the process three times. Although soaking dried beans overnight is best, this process can be used instead. Note that they may not have the same consistency.

For serving:

- Dollop sour cream or plain yoghurt (optional)
- Chopped spring onions
- Lime wedges

Method:

1. Heat oil in a pot and sauté onion and peppers for 8-10 minutes or until golden.
2. Add garlic and spices and fry for 30 seconds or until fragrant.
3. Stir through tomato paste and fry until sticky.
4. Tip in adzuki beans, cowpeas, black beans, chopped tomatoes, Worcestershire sauce, sugar and stock.
5. Simmer for 30-35 minutes or until beans are cooked through but still firm.
6. Stir in baby marrow and cook for 5-8 minutes.
7. Add cocoa powder, cook for a minute and season.
8. Serve with sour cream or yoghurt, spring onion and lime wedges on the side.