

Maharage Ya Nazi (Tanzanian Beans)

<p>Equipment:</p> <p>Large pot Measuring cups and spoons Wooden spoon Frypan Chopping board Sharp knife Can opener</p>	<p>Ingredients:</p> <p>1 cup dried red kidney beans (soak them overnight) ¾ cup coconut milk ¼ cup finely chopped onions 1 tbsp. crushed ginger 1 cup chopped tomatoes ½ tsp. salt 1 tbsp. crushed coriander ¼ cup additional coconut milk 1 to 3 tbsp. vegetable or canola oil</p>
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What to do:

1. Put beans, salt and water in a pot (water should be about 1.5 cms above the beans) and bring to a boil.
2. Once the beans boil, cover the pot and simmer on medium-low heat.
3. Add water as needed to maintain the level.
4. When the beans are almost cooked heat oil in a different pan, sauté onions and stir until brown. Stir in ginger and cook for 1 minute.
5. Add tomatoes to the onions, lower heat to medium-low, and cover the pan. Simmer until the tomatoes soften. Use a cooking spoon to press the tomatoes while cooking to soften them quickly.
6. Add coriander, stir for 30 seconds.
7. Add coconut milk and drained beans. Continue to cook until soft.
8. If the water cooks away before the beans are cooked, add the extra coconut milk. The liquid should be at the same level as the beans when the beans are ready to serve.