

Recipe
Chili Beans

By
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Ingredients

- 1½ C black beans or kidney beans
- 5 C water
- 1½ Tsp olive oil
- 2 green chilies, chopped
- ¼ Tsp yellow asafetida powder
- 1 celery stalk, chopped
- 1 carrot, peeled and chopped
- 1 medium sized bell pepper (capsicum) cut into 2cm cubes
- 3 tomatoes, chopped
- 1 Tsp cumin powder
- ¼ Tsp paprika
- 1½ Tsp salt
- 2 Tbsp tomato paste
- 1 C tofu cubed into 2cm size
- 2 Tbsp chopped fresh coriander leaves

Preparation

1. Soak the beans in water for 6-8 hours. Drain. In a saucepan, combine the water and beans and cook until soft. Or alternately you can pressure cook the beans until tender.
2. Heat oil in a saucepan over moderate heat. Sprinkle asafetida; drop chilies and the vegetables and sauté for a while. Add cumin, paprika, salt, tomato paste, cooked beans and the bean liquid (which was used for cooking the beans). Simmer and cook for 20-25 minutes, stirring occasionally.
3. Add the tofu and coriander leaves. Cook for 5 more minutes. Serve hot with rice.

Serves

4-5

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