

# MEAT & BEAN STEW

By



Chef Chris



ماركت الواجهة البحرية  
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PREPARATION TIME



COOKING TIME



SERVES





## INGREDIENTS

- 500g dry white beans
- 1 tsp baking soda
- 3 tbsp extra virgin olive oil
- 1 red onion, diced
- 500g boneless meat – beef or lamb - cubed
- 200g ripe tomatoes, peeled and grated
- 1 tbsp tomato paste
- 1 cinnamon stick
- 2 bay leaves
- 1 tsp seven spice
- ½ tsp turmeric powder
- ¼ tsp cumin
- Salt and pepper
- Water
- 8 garlic cloves, crushed
- 1 bunch coriander, finely chopped



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## Method:

Preparing the beans:

Tip: Soak the dry beans in clean, fresh water overnight. They will absorb the water and need significantly less cooking time

1. Put the dry beans in a large bowl. Sprinkle over the baking soda and pour in enough water to cover them. Soak overnight (minimum 12 hours)
2. After soaking, drain and rinse the beans thoroughly under clean, running water. Transfer the beans to a large pot with enough water to cover them.
3. Bring the beans to a boil then turn down to a medium heat for around 1 hour, or until the beans are completely cooked and tender to the bite. Top up the water as needed whilst they are cooking.



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For the stew:

1. When the beans are cooking, place a large pot on medium heat and add the olive oil. When the oil is hot, add the onions and sauté until soft and translucent.
2. Add the meat to the pot and cook until brown, stirring to ensure even cooking.
3. Pour in enough water to cover the cooked meat, then add the tomatoes, tomato paste, cinnamon, bay leaves, seven spice, turmeric, cumin, salt and pepper. Gently cook until the meat is tender and falls apart when you fork it.
4. Drain the cooked beans and add them to the pot with the meat. Stir gently to mix all ingredients together.
5. In a separate pan, heat 1tbsp of olive oil then add the garlic, coriander and a pinch of salt. Stir on a medium-high heat until the garlic is golden brown in colour. Add this mixture to the meat and bean pot.
6. Stir the stew well and let gently simmer for a further 5 minutes.  
Serve and enjoy!

**Bon appétit!**



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