

Jamaican Black Bean Stew

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Ingredients:

1½ cups dried black beans
bean broth
1 bay leaf
2 tablespoons olive oil
1 large red onion, thinly sliced
1 garlic clove, crushed
1 tablespoon molasses
2 tablespoons dark brown sugar
1 teaspoon dried thyme
½ teaspoon dried cumin
1 red pepper, seeded and diced
1 yellow pepper, seeded and diced
4 cups butternut squash, seeded and diced into small cubes
Salt and black pepper to taste

Method

Soak the beans overnight in cold water. Rinse and place beans in a large pan of hot boiling water. Boil on high for 10 minutes. Drain and return to rinsed pan.

Heat the oil in a non-stick frying pan and sauté the onions for approximately 4 minutes. Add the garlic and sauté a further 1 minute. Now add the molasses, sugar, thyme and chili. Cook for a further 1 minute. Set aside.

Return the black beans to the heat and cover with cold water. Bring to a boil and add the butternut squash and 2 tablespoons of vegetable bullion powder. Cook over medium heat for approximately 45 minutes. Add the onion mixture and peppers and cook a further 25 to 30 minutes or until tender.

Season with salt and pepper and serve immediately

