

# Jamaican Black Bean Stew

## 02 | Art of Catering Recopie

### 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

