



Bean Salad



BAMB
BOTSWANA AGRICULTURAL
MARKETING BOARD

INGREDIENTS

1/4 cup BAMB Letlhodi (china peas)
1/2 cup BAMB Black eyed beans
1/2 cup BAMB maroon Tswana cowpeas
Origanum
Black pepper
1/2 onion, chopped
1 tomato, chopped
Green beans (handful), cut into small sticks
Carrot, cut into small sticks
Cauliflower (1/2 of regular size)
Knorr seasons onion flavor
2 spoons BAMB Sunflower oil

METHOD

Wash all the beans separately, cook them separately until cooked to your desired tenderness (soak beans overnight to reduce cooking time). Wash and cook Letlhodi separate as well. Boil carrots, cauliflower and green beans. On a separate pan, add oil and fry onion until brown. Add the tomato and crushed knorr seasons onion flavor and fry for 2 minutes. Add the carrots, green beans and cauliflower, mix well and add beans, Letlhodi and spices. Cover with the lid and allow to simmer for 1 minute. Serve in a dish and add your preferred salad dressing.