



BAMB

BOTSWANA AGRICULTURAL
MARKETING BOARD

Veggie & Black-eyed Casserole

INGREDIENTS

100g black eyed beans
20g finely chopped onions
1 Clove garlic, crushed
10g red pepper
10g yellow pepper
25g Sliced Button Mushrooms
10g Tomato puree
Pinch parsley
350ml water or vegetable stock
Bouquet garni (Bunch of fresh herbs)
4 small turned boiled potatoes
Pinch of salt
100g cooked Sorghum rice (Mosutlhane)

METHOD

- Soak beans overnight in cold water
- Drain and place into a sauce pan. Bring to the boil and simmer until tender
- Heat 350ml of water or vegetable stork in a sauce pan, sauté onion and garlic for 2-3 minutes
- Add peppers, seeds removed and cut in cubes, Add mushrooms, simmer for 2 minutes.
- Add tomato puree, remaining water or vegetable stork and Bouquet Garni. Bring to boil and simmer until pepper and mushrooms are cooked.
- Remove Bouquet Garni, add drained cooked black-eyed beans, season with salt and stir until the stew is completely mixed.
- Garnish with potatoes and chopped parsley