



**RPCVLA Newsletter
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What's Cookin'?

Maharagwe

Spiced Red Beans in Coconut Milk, Kenya

*A favorite recipe of many of our Kenya RPCVs.
Submitted by Joan-Claire Kleihauer.*

Ingredients:

1 cup dried red kidney beans
2 medium-size yellow onions, chopped
1-2 tbsp. oil
2-3 tomatoes, chopped
1 tsp. salt
2 tsp. turmeric
3 chile peppers, ground into a paste (or 1-1/2 tsp. cayenne pepper)
2 cups coconut milk

Directions:

1. In a large pot, cover the beans with water and simmer until they are just tender.
2. Sauté the onions in oil until golden brown.
3. Add the onions and the remaining ingredients to the pot. Simmer another several minutes until the beans are very tender, and the tomatoes are cooked.
4. Serve over rice or a stiff porridge.

Serves 4-6.