Beans In Peanut Sauce

Ingredients:

4 kgs boiled red kidney beans

5 cups unsalted raw peanuts (with/without skin)

5 cups unsweetened coconut milk

5 tablespoons brown sugar

0.5 cup tomato paste

5 teaspoons lemon juice

5 teaspoons cooking oil

3 cups chopped red onions

4 cups chopped red bell peppers

3 cups chopped carrots

3 cups chopped courgette

7 cups water

3 cups chopped cilantro

Ground coriander and turmeric

Salt to taste

1. In a blender combine peanuts, coconut milk, brown sugar and lemon juice. Blend it smooth and keep aside. Do it in batches if necessary.
2. Heat oil in a pan and sauté onion until pale and translucent. Add ground coriander, turmeric and tomato paste.
3. Add vegetables and sauté again for 30 seconds to 1 minute.
4. Pour in the peanut sauce and stir. Let it cook until first boil and add the water. Stir again and cook covered on a medium flame for 3-4 minutes.
5. Now add cilantro and stir well. Cook again for 30 seconds.
6. Add kidney beans and salt and mix very well. Cook again until all flavours are melded and turn off the flame. Serve with bread, brown rice, quinoa or chapati.