Creamy Butter Beans Curry

Ingredients:

3 kgs butter beans

10 chopped carrots

3 chopped onions

7 tomatoes, chopped

4 green peppers, chopped

5 eggplants, chopped

4 bay leaves

2 tablespoons paprika

1 teaspoon black pepper

2 teaspoon thyme

4 tablespoons garlic and ginger paste

5 tablespoons tomato paste

1. Pick out chaff from the butter beans. Wash and pre-boil them for 5 minutes. Set aside.
2. After an hour pour out the soaking water. Add fresh hot water to the beans and boil until tender, about 90 minutes on stove or 45 minutes in pressure cooker. Add salt.
3. In a large pan add oil and fry onions until translucent. Then add ginger and garlic paste and cook for 30 seconds.
4. Add spices and fry for a further 30 seconds or until fragrant without burning.
5. Add chopped tomatoes stir well and cover to fry until tomatoes break down, stirring occasionally. Add a bit of liquid if it starts to stick.
6. Add tomato paste and leave to cook for a further 3 minutes.
7. Add the vegetables and boiled beans and water to make a thick soup. Stir gently and cover to simmer for about 15 minutes or until flavours are well melted together.
8. Leave to cool to room temperature.
9. Serve warm with rice or chapatti