Beans In Bacon

Ingredients:

4 kgs red kidney beans, boiled

2 kgs chopped carrots

1.5 kgs chopped tomatoes

1.5 kgs chopped eggplant

1 kg chopped zucchini

3 large onions, chopped

5 tablespoons garlic ginger paste

5 tablespoons tomato paste

3 tablespoons paprika

2 tablespoons garam masala

3 tablespoons garlic powder

Salt and pepper to taste

1. Chop the bacon into small pieces. Fry it in a pan until well cooked and crispy.
2. In a large cooking pot melt butter/ghee and fry the onions. Once translucent, add garlic and ginger paste and cook for 30 seconds.
3. Add the garlic powder, paprika, tomato paste, garam masala and stir. Add tomatoes and eggplants.
4. Add the bouillon cubes and water. Cover and let it simmer for a few minutes.
5. Add the boiled beans, carrots and courgettes. Stir gently and let cook, covered, for 15 minutes until flavours meld together.
6. Add bacon pieces, stir and taste for salt. Add salt and black pepper to taste. Let it simmer for a few minutes. Leave to cool at room temperature before packing for the freezer.
7. Serve with rice or chapati
8. Add the chopped red peppers and leave to cook for 1 minute. Remove from fire and let it cool down before serving into freezer safe containers.
9. Serve with naan or rice.