Recipe

lulu's african bean stew

Inspired by the flavours of West Africa, this deliciously hearty stew is packed with black beans, kidney beans and sweet slices of plantain, all gently slow-cooked in a rich tomato sauce with a mild blend of warming spices. The sweet plantain adds a lovely little twist to every spoonful, while the beans make this a satisfying, veggie-packed dish that's full of flavour without being too spicy for little taste buds.

Ingredients

A glug of oil
2 red onions- chopped
1 very brown over-ripe plan tain-peeled and chopped into half moon slices (substitute with sweet potato if needed)
2 cloves of garlic- chopped
1 thumb of ginger- chopped
1 tbsp smoked paprika
1 big tbsp cumin
1 bay leaf
1 big tsp ground coriander
A pinch of chilli flakes to taste
1 tbsp tomato puree
900ml water
100g passata
½ tin chopped tomatoes
1 tin kidney beans, drained
1 tin black beans, drained
5g nutritional yeast
Juice of 1 lemon

Method

Heat oil in a wide, deep pan over medium heat and cook the onions until soft.

Add the plantain, garlic and ginger and mix well to coat, cooking for a couple of minutes until fragrant.

Stir in the spices and cook for a few minutes then mix through the tomato puree.

Add the water, passata, chopped tomatoes, kidney beans, black beans and nutritional yeast.

Bring to the boil, then simmer gently for at least 1 hour until the plantain is completely soft.

Once cooked, add the lemon juice for some freshness at the end!

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 5/10/26
As we are continuously improving our recipes, it is essential to check the label on the dish packaging.