



Beans Stew Tuber Mix

Ingredients

- cups Beans
- 1/2 1/2 Onion (Chopped)
- mL Water
- Fresh Tomatoes
- Red bell Pepper
- Fresh Pepper
- tbsp Palm Oil
- Smoked Fish Deboned
- MAGGI Shrimp
- tbsp Shrimp powder
- 1/2 1/2 Medium Sweet Potato
- Mediums Plantain
- MAGGI D&D&D&D
- Large scoop Green Peas

Instruction

1. Pick and wash overnight soaked beans
2. Drain the water from the beans and put into a clean pot, add water, 1 MAGGI Shrimp and ½ sliced onion cook for 20 minutes (Until soft). Remove from the heat and drain, then keep aside. Clean and cut into big cubes the potatoes and plantain. Set aside
3. Blend the vegetables: tomatoes, peppers, red bell pepper, and the remaining onion. In a pot add the palm oil and allow to heat then add the blended vegetable, and fry for 10 minutes. Add 1 cup of water (250ml), potatoes, plantain, shredded smoked fish, crayfish powder, 1 MAGGI D&D&D&D then cook for 10 minutes. Add the beans, stir and allow to cook for a while. Add the green peas and let it simmer until water dries.

Nutrition

Carbohydrates	81,09 g
Energy	480,59 kcal
Total fat	13,91 g
Fiber	11,4 g
Protein	15,16 g
Saturated Fats	5,48 g
Sodium	840,37 mg
Sugars	31,72 g

51 Minutes

6 Portions