EAST AFRICAN · LUNCH · DINNER

Maharagwe (Kenyan Coconut Bean Stew)

105 min · Serves 4 · 414 kcal a serve · Video 3:34 · Rukia Laltia

No dairy listed · No nuts listed

Kidney beans provide plenty of fibre, plant protein, folate and iron, and the tomato base adds vitamin C to help absorb the iron. An affordable, filling main.

Diet notes: Vegan with a vegetable stock cube or salt instead of the royco seasoning; Vegetarian with a vegetable stock cube or salt instead of the royco seasoning; Gluten-free with a swap: Check that the Royco or stock powder is gluten-free.

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Ingredients 12 · SERVES 4

- [ ] 9 oz **dried red kidney beans**, boiled until soft
- [ ] **Canola or vegetable oil**: 2–3 tbsp cooking oil
- [ ] 1 **red onion**, sliced
- [ ] 1 tbsp **ginger-garlic paste** (garlic part)
- [ ] 1 tbsp **ginger-garlic paste** (ginger part)
- [ ] 1 tbsp **tomato purée**
- [ ] 2 large **tomatoes**, sliced
- [ ] 1 tsp **curry powder**
- [ ] **Royco seasoning**, to taste (counted as salt)
- [ ] **salt**, to taste
- [ ] about ¾ cup **water** in all (a splash, then ¼ cup, then ½ cup)
- [ ] 1 cup **thick coconut milk**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Boil the dried kidney beans in plenty of water until completely soft and the water has cooked away. 0:16
2. In another pot, heat the oil and fry the sliced onion until golden. Add the ginger-garlic paste and stir for 30 seconds. 0:33
3. Stir in the tomato purée, swirling a little water in its container to catch the rest. Add the sliced tomatoes and a pinch of salt and press them down as they cook until soft and juicy. 1:08
4. Add the curry powder and Royco, pour in ¼ cup water and cook for 2 minutes. 1:52
5. Add the beans with ½ cup water and simmer about 5 minutes until thickened. 2:17
6. Pour in the coconut milk, stir and simmer 2–3 minutes until creamy and well combined. Serve with chapati or rice. 2:38

> **Tip** Serves 4 (our estimate). Time assumes about 1½ hours to boil unsoaked beans; two drained 14 oz cans cut it to 30 minutes. Light coconut milk cuts saturated fat. Use a vegetable stock powder if you need it vegan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
414 kcal	**15** g	**43** g	**11** g	**22** g	**410** mg
1,730 kJ	30% of a day	32 g net · 4.5 g sugars	40% of a day	12 g saturated	18% of a day
		16% of a day		29% of a day	

Energy from net carbs 33% · protein 16% · fat 51%

High in (20%+ of a day) Omega-3 64% · Folate 54% · Iron 32% · Magnesium 24% · Potassium 21% · Vitamin K 21% · Vitamin B6 20%

Source of (10–19%) Zinc 19% · Vitamin C 19% · Vitamin E 16% · Selenium 11%

Recipe and video: Rukia Laltia (@RukiaLaltia) on YouTube — youtube.com/watch?v=XFTCHLTu4HU, published 9 January 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/rukia-maharagwe-coconut-beans