

Red Bean (Afghan Lubyā) Stew

1/4 cup canola oil

5 cloves garlic, finely diced

3 Jalapeño, seeded and finely diced

1 large (2 medium) onions, finely diced

1 quart+ of tomato purée (1 large plus 1 small can)

1 tablespoon salt

1 tsp black pepper

1 and 1/2 Tablespoon of tomato paste

7 cans red kidney beans (about 2-1/2 lbs dry)

Cooked rice, fresh mint (optional)

Place garlic, jalapeño, and onion in food processor or use immersion blender to grind into fine pieces. Do not purée.

Heat oil on medium. Add all ingredients except beans. Cook 5-10 mins.

Add beans, cook another 5-10 mins until semi soft.

Serve on top of rice. Garnish with fresh mint (optional).