

Lolo's Bean Soup

For 4 servings

Ingredients

500g of dried kidney beans (or 2 cans)



3 cloves of garlic



1 onion



500g cassava



Half a sweet green bell pepper



2 corn on the Cob



500g of beef ribs



1 cup of rice



4 eggs



Sour cream



Cheese - chopped into chunks



2 avocados



Salt and pepper



Method

1. If using dried beans, wash them in water and let them dry. Remove any tiny stones. If using tinned beans, please drain these.
2. Dice your onion, cassava and green pepper.
3. Chop your cobs of corn in half and then dice. If you prefer you could use tinned, drained sweetcorn instead.
4. Add your beans to a large pot and cover with water. Crush 3 garlic cloves and add them along with all the other diced vegetables that you prepared.
5. Bring this to boil. Add more water if needed and sprinkle in salt and pepper to taste.
6. If using dried beans, an hour later add in your beef ribs. Then add your eggs (still in their shell) to boil for another 30 minutes. If you do choose to use tinned beans your meat and eggs can be added earlier.
7. Once your beans are chewy, veggies are soft, and meat is cooked through you are ready to serve.
8. Remove the eggs from their shells and serve your soup in one bowl with rice, half an avocado, a dollop of sour cream and some of your cheese chunks.

One of the good things about this recipe is that's its so versatile.

Simply remove the meat and add extra veggies if you prefer. This recipe also works well with lamb, pork or even chorizo. (If you choose lamb revise your cooking time as you shouldn't boil for more than 15 minutes)



Cooking this meal with my family is so important to me

I chose this recipe to share with you because it is one of the most common lunch meals in my home country. For families with low income it was a great way to get key vitamins and nutrition. And it's practical and easy to cook.

When I was a child, my father used to tell us "beans are the turkey for poor people" and we enjoyed it so much, even if it was cooked without the meat or vegetables. A lot of the time we just had the beans with garlic.

Now that my family are living in the UK cooking this is like having a piece of my country with me. The traditional way to cook is with the dried beans which at first I found hard to find in the UK, only the tins. A few months ago, I found some and I was so happy. Now I cook with them almost every week.

My son drew the illustrations to go with this recipe and I hope you enjoy the soup as much as I did when I was a child, and as much as I do now with my family in the UK.

Lolo

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