

Black Bean Stew

I made this in the pressure cooker. I use my pressure cooker A LOT. I think it makes eating healthier much easier as cooking from scratch can be time consuming. You can make curry sauces, tomato sauce, stews etc in less than half the time it would normally take. I would really recommend that you consider buying one if you want to continue eating healthy, homemade food regularly. I have written the recipe below assuming that you do not have a pressure cooker. If you do have one, simply place all ingredients into the pan and cook on high pressure for 20 mins.

- 600g butternut squash, cut into 3cm chunks
- olive oil
- 2 tbsp ground coriander
- 2 tbsp smoked paprika
- 3 mixed colour peppers, cut into 3cm chunks
- 2 red onions
- 4 cloves garlic, crushed
- 4 fresh bay leaves
- 2 x 400g tins of black beans
- 100g okra (Okra is sooooo cheap and packed with vitamin K, C and Calcium)
- Dollop natural yoghurt and quinoa to serve

Preheat the oven to 200' Gas Mark 6.

In a large roasting tray, throw in and massage the butternut squash with 1 teaspoon of olive oil, the ground coriander and a pinch of freshly ground black pepper.

In a separate tray, throw in and massage the peppers with 1 teaspoon of olive oil, the smoked paprika and some black pepper. Place both trays in the oven for 35 minutes until softened.

Meanwhile, peel and roughly chop the onions and place in a large casserole pan on a low heat on the hob with a tablespoon of oil. Add the garlic, bay leaves and a good splash of water and cook for 20 minutes, or until soft, stirring regularly. Tip in the beans then half-fill each empty can with water, swirl and pour into the pan. Simmer until the time is up on the roasted veg, then stir the roasted veg into the pan on the hob.

Trim, finely slice and add the okra, and simmer for a further 20 minutes, loosening with a splash of water, if needed. Meanwhile cook the quinoa according to packet instructions.

Serve with the quinoa and top with a few dollops of yoghurt.