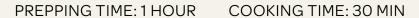


Bellotti Bean Recipe





Ingredients:

- 2 cups dried sugar beans (soaked overnight then preboiled) or 1 can of Boretti beans
- 2 medium onions, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 teaspoons Durban masala or vegetable curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1teaspoon turmeric
- 1 teaspoon chilli powder (adjust to taste)
- 2 medium tomatoes, chopped
- 1cinnamon stick
- 2bayleaves
- Salt to taste
- Fresh coriander leaves for garnish



