

Ghanaian Style Black-Eyed Beans

Ingredients

2 cups dry black-eyed beans
4 cups water, or more, as needed
2 tbsp vegetable oil
½ tsp sweet paprika
¼ tsp smoked paprika
¼ tsp cayenne pepper
1 medium onion; peeled, chopped finely
1 clove garlic; peeled, chopped finely
1 tbsp fresh ginger; peeled, chopped finely
2 tomatoes; washed, stem spot removed, chopped finely
1 pinch dry thyme; crushed
2 green onions; washed, roots removed, sliced finely
Salt and black pepper, to taste

To serve:

Cooked white rice
Fried plantain



Remove damaged pieces and other impurities from beans, rinse in water twice, and drain. Cook with water until tender (for pressure cooker, with 4 cups of water for 40 minutes, wait 10 minutes, then release pressure slowly; in a regular pot, add more water and cook for one to two hours, checking periodically, until beans are tender.) Reserve beans and their liquid. In a large pot, warm up oil over medium heat, then add the sweet paprika, smoked paprika and cayenne. Stir and allow the spices to release their aroma for a few seconds, then add chopped onions; continue stirring and cooking until onions are translucent, then add garlic and ginger, stirring just for a few second, to avoid burning. Add chopped tomatoes, stirring. Cook for about one minute, then add reserved beans with one cup of their liquid. Incorporate all together with a spoon; season with salt and pepper to taste, crush dry thyme with fingers and add to the pot. Cook for another few minutes, until it thickens, then incorporate sliced green onions, stirring gently. Serve hot with a scoop of cooked white rice, and a few slices of fried plantain.