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present

a cooking demo with
Chef Zainab
in honor of World Refugee Day.



Afghan Lubyia Kidney Bean Stew

This will make a half a tray's worth and will serve 15 people. Be prepared to share with family and friends, as well as have leftovers!

Raw Ingredients:

- 5 cloves of garlic
- 3 Jalapeños
- 1 yellow onion
- 1 quart of tomato purée (store bought or fresh tomatoes to purée)
- 1 large restaurant sized can of red kidney beans (6 lbs 12oz size)
- 1 tablespoon of salt
- 1/4 quart of canola oil
- 1 + 1/2 tablespoon of tomato paste

Pita bread (*store bought is fine*)

Cooking Steps:

1. Chop up garlic, jalapeño, yellow onion in the food processor separately, and grind up to fine pieces.
2. Puree fresh tomatoes to make 1 qt.
3. Transfer all raw ingredients into the same large pot, EXCEPT for the beans. Cook on medium heat for 5 to 10 mins.
4. Next, add beans, cook for another 5 to 10 min until semi soft.
5. Enjoy with pita bread.