



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Red Beans with Vegan Ground Meat (6 servings)

Ingredients

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| 1 lb dried red beans | 3 Tbsps tomato paste |
| 1/2 cup palm or canola oil | 1/2 habanero pepper - chopped - remove seeds |
| 1 large onion - chopped | 1/2 Tbsp paprika |
| 1 cup celery - chopped | 2 Tbsps Harissa seasoning |
| 2 Tbsps ginger - minced | 2 bay leaves |
| 6 cloves garlic | 3 vegetarian bouillon cubes |
| 1 large can tomatoes - diced | 2-3 cups stock, or water |
| 4 carrots - chopped | 1 package Beyond Meat - ground |
| 2 turnips - chopped | salt/pepper to taste |

Preparation

- Rinse and dry the beans. Pick through them carefully, to discard any damaged beans and/or foreign objects. Put the beans in a large pot, and add enough water to cover 3 inches above the beans. Cover and let sit overnight. *(Minimally, soak the beans for 6 to 8 hours.)*
- Drain the soaked beans, rinse again, then put them in a Dutch oven, or pressure cooker, add the bay leaves and cover with 1 inch of water above beans. cook with a bay leaf only!
- Cook only with the bay leaves until the beans are two-thirds done. Drain and set them aside.
- Heat palm oil in a large saucepan over medium heat until hot. Sauté the onions, carrots, celery, turnips and habanero pepper in the oil for 10 minutes, stirring often and scraping any browned bits off the bottom of the pot.
- Add the diced tomatoes, tomatoes paste, ginger, garlic, paprika, harissa seasoning and bouillon cubes. Cook while stirring for about 20 minutes.
- Break apart, add and brown the Beyond Meat, stirring often to thoroughly mix with the vegetables and seasonings.
- Finally, add the beans, as well as the remaining stock/water. Adjust seasonings to taste. Bring to a boil, then allow to simmer for 10-15 minutes, or until the beans are the desired consistency. For a thicker consistency, use less stock/water; for a thinner consistency use more stock/water.