



Recipes

Beans

Coconut Adzuki Beans

Prep Time: 10 minutes

Cooking Time: 40 minutes

Yield: 4-6 servings

Ingredients:

- 1 cup dried adzuki beans (soaking overnight recommended but not required)
- 1 3-inch piece of kombu
- 1 pound butternut squash, peeled and diced
- 1 can coconut milk
- 1 hot pepper
- 2 purple onions, finely diced
- 1 clove garlic, minced
- 2 tablespoons of olive oil

Directions:

1. Cover the adzuki beans in plenty of water with the kombu and bring to a boil; simmer uncovered for 30 minutes or until soft.
2. In a separate pot, stir fry onions, garlic and squash for 3-5 minutes.
3. Add coconut milk, whole pepper and drained adzuki beans. Then cover and cook for 20 minutes.
4. Remove the hot pepper before serving.