

## Bean Stew

**Ingredients:** 1 1/2 cup cooked beans, 1 onion, 2 tomatoes, 1 cup beef broth, 1 cup of water, salt, coriander, oil.

**Preparation:**

- Heat oil in a pan, add the onions.
- Fry the onions and then add the tomatoes, beef broth and cover.
- Let them simmer for 2 minutes.
- Add the beans, salt and 1 cup of hot water and stew for another 15 minutes.
- Add water if necessary.

## Bean Stew and spinach

**Ingredients:** 200 g spinach, 1 onion, 1 tbsp. butter, 1/2 cup milk, salt and pepper.  
As you want with minced meat, chicken or lamb

**Preparation:**

- Put butter in the pan and add the cut onion and fry the onion for 1 minute.
- Pour in the milk and let it cook for 5 minutes (until it thickens).
- Wash the spinach and drain the water.
- Add the spinach, salt and pepper, mix it well and let it cook for other 4 minutes.

Enjoy your meal!



In my book Pippa and Paul, stories for the little world citizens I have a wonderful story about the beautiful vacation in Uganda.

[Pippa and Paul: stories for the little world citizens: Oosterbeek-Airoldi, Romana: Amazon.nl](https://www.amazon.nl/dp/B08HHBSNDN/ref=cm_sw_r_wa_apr_l0twFb7ZMJk8Y)

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