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Handres

Ingredients

2lb. fresh pinto beans
2 carrots, diced
1 tsp. paprika
1tin chopped tomato
1 sweet red pepper, diced
2 onions, grated
1 potato, diced
½ gallon water
1 red chilli pepper, diced
2 tbsp. celery leaves
chopped
½ tsp. cayenne pepper
4fl oz. olive oil
Freshly ground pepper to taste
Salt to taste

Preparation

- 1 Preheat the oven to 150°C
- 2 Put all the ingredients into a clay oven dish
- 3 Cover the dish well and bake for approx. 2 hours, until there is just a little liquid left.

Cooks Note
