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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

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