

## **Kidney bean and yam stew with oranges**

From *Everyday Indian* by Bal Arneson

When Roberta Symons brings this to our Guild potlucks, it disappears quickly!

2 Tbsp. grapeseed oil	1 tsp. ground turmeric
2 Tbsp. finely chopped ginger	1 tsp. salt
2 Tbsp. finely chopped garlic	one 14 oz. can crushed tomatoes
1 tsp. fenugreek seeds*	2 cups cubed yams
2 Tbsp. cumin seed	1 cup water
1 Tbsp. Garam Masala*	one 14 oz. can kidney beans drained
2 bay leaves	2 cups cubed oranges
1 tsp. dried oregano	
1 tsp. rosemary, dried or fresh	

Place the oil, ginger, garlic, and fenugreek seeds in a big pot over medium-high heat and cook for 2 minutes. Add the cumin, garam masala, bay leaves, oregano, rosemary, turmeric and salt and cook for 2 minutes.

Add the tomatoes, yams and water; increase the heat to high and bring to a boil. Reduce the heat to a simmer and cook for 7 to 9 minutes. Add the kidney beans and oranges and cook for 1 minute. Turn the heat off and cover with a lid for 10 minutes. Remove bay leaves and serve. Add cilantro for garnish.

Note: you can add double the amount of kidney beans for a thicker version.

*\*Garam Masala and fenugreek seeds are usually available in the ethnic food section of larger grocery stores. Claytons does carry Garam Masala in its spice section.*