

Cowpea Stew—Ghana

1 cup blackeyed peas (can substitute any bean)

1 medium onion-sliced

2 large tomatoes- finely chopped

2 Tablespoons Red Palm oil (can substitute olive oil)

Salt and pepper to taste

Mash the beans and set aside. Heat the oil in pan and cook onion and tomatoes until soft.

Add all ingredients including beans. Simmer for 10 minutes and serve with rice.