
Dried Winged Beans and Rice

Ingredients:

| Amount (1, .50 , 8) | Unit (cup, Tbsp, g, ml) | Item (egg, chaya leaves, sugar) | Preparation (crushed, diced, whole) |
|---------------------------|-------------------------------|---------------------------------------|--|
| 1 | cup | dried wing beans | soaked in water overnight |
| 1 | | medium onion | chopped |
| 1 | large | clove garlic | crusted |
| 1 | small | green pepper | chopped |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Recipe Instructions:

1. Drain dried wing beans.
2. Pour beans into a large kettle and add onion, garlic and green pepper.
3. Add water to cover and cook until beans are tender (about 2 hours or more depending how dry the beans.
4. Drain beans.
5. Add salt and pepper to taste.
6. Put in serving dish and top with chopper tomato, parsley and fresh onion.
7. Serve with fluffy white rice.

<http://edn.link/ekan3g>