

Bibis



BIBIS BEANS™

Cooked with Medium Saucepan and Love



60 MINS



8 SERVINGS

Tell and you'll be beaned from our inner circle.

INGREDIENTS

3 cups of beans
2 diced onions
6 cups of water
1/2 cup of vegetable oil
2 cups of BIBIS SAUCE™
1 teaspoon salt
1 teaspoon chili powder
3 Maggi cubes

For BIBIS SAUCE™

2 red capsicum
Extra 2 diced onions
1 cup of vegetable oil

UTENSILS

Large Saucepan
Medium Saucepan
Stuff to cut & stir (duh)

ALLERGENS

To Be Decided.

NUTRITION PER SERVING

- **Energy:** ~360 kcal
- **Protein:** ~16g
- **Fat:** ~10g
- **Saturated Fat:** ~1.5g
- **Carbs:** ~50g
- **Sugar:** ~3g
- **Sodium:** ~500mg



1. Cook the Black Eyed Beans

In a large pan, add **3 cups of beans** and **6 cups of water**. Bring mixture to a boil over high heat. This should take approximately 15 minutes.



2. Add Onions and Maggi

Add **two onions** and 3 Maggi Cubes Adding them to the boiling beans. Cover and continue cooking. After 20 more minutes, reduce heat to low or once the beans are soft and most of the water is absorbed.



3. Prepare BIBIS SAUCE

Cut 3 **Capsicums** and dice 2 **Onions** and blend until smooth. In a large pan, heat 1 cup of Oil, then add the blended Capsicum and Onion mixture. Simmer for 10 minutes. After simmering, set aside of BIBIS SAUCE™ in a separate bowl.



4. Prepare Caramelised Onions

In a medium saucepan, heat **1/2 cup of oil**. then add **1 onion**, **1 tsp of chili powder**, and **1 tsp of salt**. Stir occasionally until the onions have caramelized. This should take about 3 minutes.



5. Add BIBIS SAUCE

After caramelization, stir this onion sauce into the pot of beans along with 2 cups of the prepared **BIBIS SAUCE™**. Let it simmer for an additional one minute.



6: Serve & Enjoy

Carefully remove the cooked Beans from the Pot.

Serve and Enjoy!

Share the recipe with an Enemy*

*Enemy: someone who is mad because they are hungry