

Lamb with Black-eyed Beans and Pumpkin



Cooking time: 2 hrs 15 mins
plus soaking time

Serves: 4

how to cook

- 1 Put the lamb in a large pan with the stock or water and bring to the boil. Skim off any foam, then reduce the heat, cover and simmer for 1 hour.
- 2 Stir in the drained black-eyed beans and continue to cook for about 35 minutes.
- 3 Add the onion, garlic, tomato purée, thyme, oil, mixed spice, black pepper and salt and hot pepper sauce and cook for a further 15 minutes, until the beans are tender.
- 4 Add the pumpkin and simmer for 10 minutes until the pumpkin is very soft or almost mushy. If a firmer texture is preferred, cook the pumpkin for about 5 minutes only, until just tender.
- 5 Serve with boiled yam, plantains or sweet potatoes.
- 6 Cooks tip: Dried white beans can be used instead of black-eyed beans.

what you need

- 450g boneless John Penny lean lamb
- 1 litre chicken or lamb stock
- 75g black-eyed beans, soaked for 6 hours, or overnight
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2½tbsp tomato purée
- 1½tsp dried thyme
- 1½tsp palm or vegetable oil
- 1tsp mixed spice
- ½ tsp salt and ground black pepper
- a little hot pepper sauce
- 115g pumpkin flesh, chopped

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