

Corn and Aduki Bean Stew

Aduki beans and corn are natural diuretics. This stew helps to nourish the spleen and to drain dampness. It is a nice meal for a person feeling tired, bloated and sluggish. Salt is added at the end of cooking because if it is added before the beans are fully cooked, they will become tough and remain hard.

1 cup dried aduki beans, soaked overnight and drained
1 Tbsp. extra virgin olive oil
1 medium onion, roughly chopped
4 cloves garlic, chopped
3 carrots, sliced
3 stalks celery, sliced
1 turnip, diced
½ cup fresh corn kernels
3 large tomatoes
½ tsp. freshly ground black pepper
1 Tbsp. ground cumin
1 Tbsp. ground coriander
½ tsp. ground cinnamon
2 tsp. salt, or more to taste
¼ cup chopped fresh cilantro

In a large stock pot, heat oil over medium heat. Add onion, garlic, carrot, celery and turnip. Saute for 5-10 minutes until the onion is translucent and fragrant.

Add remaining ingredients EXCEPT salt, and stir fry for another 3-4 minutes.

Add enough water to cover all the vegetables, (about 6 cups) and bring to a boil over high heat. Reduce heat, cover, and simmer for 3-4 hours until the beans are tender.

About 15 minutes before serving, add salt to taste. Serve topped with fresh cilantro.

This dish may be finished in a crock pot – once the stew is brought to a boil, transfer to the crock of your crock pot. Turn the pot to high, cover, and leave it for the day. It will take 6-8 hours, and will not be hurt by cooking longer. Add salt about 15 minutes before serving, and top with cilantro.