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## Cooking Kwati: A Step-by-Step Guide

Cooking Kwati requires a bit of preparation, as the beans need to be soaked and sprouted ahead of time. However, the recipe itself is simple, allowing the beans and spices to create the rich flavor of the soup.

### Ingredients:

- 1 cup mixed beans (a blend of black-eyed peas, kidney beans, mung beans, soybeans, etc.)
- 1 tbsp oil or ghee
- 1 onion, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, minced
- 2-3 green chilies, chopped
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- Salt to taste
- Fresh cilantro for garnish

- Lemon wedges for serving

## Instructions:

1. **Soak and Sprout the Beans:** Start by soaking the mixed beans overnight. After soaking, rinse them well and leave them to sprout for 2-3 days. Sprouting enhances the beans' protein content and digestibility.
2. **Cook the Beans:** In a large pot, add the sprouted beans and enough water to cover them. Boil until the beans are tender, which usually takes about 30-40 minutes.
3. **Prepare the Spice Base:** In a separate pan, heat oil or ghee over medium heat. Add the chopped onions, garlic, ginger, and green chilies. Sauté until the onions turn golden brown.
4. **Add Spices:** Stir in the turmeric, cumin, and coriander powder, cooking for another minute to release the spices' flavors.
5. **Combine and Simmer:** Add the cooked beans to the pan with the spice mixture. Add more water if needed, depending on your preferred soup consistency. Simmer for about 10-15 minutes, allowing the flavors to blend.
6. **Season and Serve:** Season with salt, garnish with fresh cilantro, and serve with lemon wedges on the side.

Kwati is often enjoyed with steamed rice, but it's also delicious on its own as a satisfying and nutritious soup.