

ECO COOK BAG

BUKANA EA LI RASEPE

RECIPE BOOKLET



Malealea
Development
Trust



Africa's Gift

Sheffield
Hallam
University

Helena Kennedy
Centre for
International Justice



NATIONAL UNIVERSITY
OF LESOTHO



Tatso ca Africa
WHERE EVERY INGREDIENT
TELLS A STORY *by Chef Stea*

Table of Contents

Eco Cook Bag ke eng?	3
Hobaneng Eco Cook Bag?	4
What is an Eco Cook Bag?	5
Why use an Eco Cook Bag?	6
Malebela ho tsoa ho Chef	7
Chef's Top Tips	8
Cooking Times Guide	9
Bohobe ba Leqebekoane	10
Steamed Bread	12
Setjetsa	14
Pumpkin Pap	15
Khoho ea Sesotho	16
Village Chicken	17
Linaoa	18
Beans	19
Sechu sa Linaoa	20
Mixed Bean Stew	22

Eco Cook Bag ke eng?



Eco Cook Bag ke sephehisi se bolokang mocheso. Se sebetsa ka ho koalla mocheso o tsoelang pele ho phehisa lijo ka hare ho pitsa. Mokotla oona o entsoe ka lisebelisoa tse sa thunthetseng tikoloho.

Eco Cook Bag e hlalositsoe ke mang?

Mokotla oona o hlalositsoe ke Malealea Development Trust ka kopanelo le Africa's gift le Sheffield Hallam University's Helena Kennedy Centre for International Justice. Bona ba sebetsa 'moho le National University of Lesotho le Chef Ska Moteane (oa Tatso ea Africa) e le eena ea fanang ka boeletsi bo boholo li rasepeng le ho mokhoa oa ho pheha.

Mokhoa oa ho sebelisa Eco Cook Bag

1. Sebelisa pitsa e senang maoto, e nang le sekoaelo se senang masoba.
2. Tlosa mokotla o bolokileng Eco Cook Bag mme o sebelise oona ho ala hantle ka hara Eco Cook Bag ho qoba hore lijo li seke tsa qhalanela ka hara mokotla.
3. Qala pele ka ho pheha lijo tsa hao mollong kapo setofong ho fihlela li chesa. Nako ea ho li pheha mona setofong e tla laoloa ke mofuta oa lijo.

4. Nka lesela kapo fatuku, tsóara pitsa o e tlose mollong o e ts'ele ka hara Eco Cook Bag. Koahela hantle ka mokotla oane o bolokang Eco Cook Bag. Beha mosangoana ka holimo ho sekoahelo sa pitsa.

5. Hula maratsoana a Eco Cook Bag 'me o a fase ho tiisa ele ho koalla mocheso ka hare ka mokhoa o phethahetseng.

6. Joale o ka tima mollo kapo setofo, oa phomola, oa tlohela Eco Cook Bag ho phehisa lijo tsa hao.

7. O hopole hore lijo tsa hao ha lina mokhoa oa ho cha hohang. Ha nako e lekanyelitseng ea hore lijo li be li butsoitse e fihla, kapo nako e fetang moo, e telele ka mokhoa oo o batlang, fasolla maratsoana 'me o nts'e pitsa ka hlokolosi.

8. Tsóla o fepe ba lelapa ka lijo tse monate tse phehisitsoeng ka Eco Cook Bag.

Hobaneng Eco Cook Bag?

- Lijo ha lina mokhoa oa ho cha kapo ho felloa ke metsi. Eco Cook Bag e phehisa lijo ho fihlela lihora tse leshome
- Matsoai oohle a lijong a ea bolokela
- Eco Cook Bag e amohela lipitsa tse fapaneng ka boholo ho tloha ka li lithara tse peli ho isa tse leshome.

Sephehisi sa hao:

- se tla o bolokela lihora tsa ho pheha mollong kapo setofong
- se tla baballa metsi a lulang a cha ha o phehile mollong
- se tla o baballela libeso ele hore chelete eo e ka etsa mabaka a mang joalo ka ho e isa temong
- se tla o thusa ho se hahlameloe ke mosi nako e telele o phehile kantle.

Malebela a mantlha

- Sebelisa lipitsa tse nang le likoahelo tse lekanang hantle le mehele e mekhuts'oanyane e senang masoba
- Pitsa eo o phehang ka eona setofong, ebe eona e tla phehisa ka hara Eco Cook Bag.

Seke oa chenchela lipitsa ho qoba ho lahlehela ke mocheso o mongata haholo

- O ka pheha mefuta e mengata ea lijo – linaoa, papa, lichu, li-curry, khoho joalo-joalo.
- Etsa bonnete ba hore lijo tsa hao li fihla bonyane li kotareng tse tharo tsa bophahamo ba pitsa e le ho siea sebaka se fokolang sa moea ka pitseng. O leke ho sebelisa pitsa e batlang e lekana lijo tseo o li phehang.



What is an Eco Cook Bag?



An Eco Cook Bag is a heat retention slow cooker. It works by trapping in the heat once you have heated your food. The bag is 100% biodegradable.

Who is making the Eco Cook Bag?

The Malealea Development Trust in partnership with Africa's Gift, Sheffield Hallam University's Helena Kennedy Centre for International Justice who are linked with the National University of Lesotho along with Chef Ska Moteane (Tatso ea Africa) as the senior consultant pertaining recipes.

How to use the Eco Cook Bag

1. Find a flat-bottomed pot and lid with no steam hole.
2. Remove the outer cover from the Eco Cook Bag.
3. Place the outer cover now inside the Eco Cook Bag and it now becomes your easily washable inner liner.
4. Stretch the inner liner to completely cover the Eco Cook Bag and protect it from food spills.

5. Begin cooking your food on the fire or stove as usual. Bring it to the boil allowing the food to be heated all the way through.

6. Using oven gloves or a cloth place the entire hot lidded pot into the Eco Cook Bag on the cotton cover and fold it over the pot inside. Place the top pad on top and pull the drawstring of the Eco Cook Bag tight shut to lock in the heat.

7. Now relax, put out the fire or switch off your stove and let the Eco Cook Bag complete the cooking process - to suit you!

8. After the correct amount of cooking time or as leisurely as you like (nothing is going to burn here) open the Eco Cook Bag remove the top pad and open out the inner cover completely overlapping the Eco Cook Bag to avoid spills - then with over gloves or cloth remove the hot pot lid and share the delicious nutritious food.

Why use an Eco Cook Bag?

- Using the Eco Cook Bag you will never boil dry your beans again. It will continue to cook your food for up to ten hours!
- All the nutrients you start with are locked up inside your pot so no boiling away.
- The Eco Cook Bag can take a wide range of pot sizes from 2 litres to 10 litres.
- The pot that is used to cook with should be the one that goes straight into the Eco Cook Bag. Do not transfer it into another pot you will lose too much heat!
- You can cook so many types of food like beans, pap, stews, curries, chicken, ox tail, bread etc.
- For best results $\frac{3}{4}$ fill your pot with food leaving only a small space for air. Air cools faster than food - so rather use a smaller pot which is fuller than a larger pot which is half full of air!

Your Eco Cook Bag will:

- save you hours of cooking over a fire or stove.
- save you lots of water which would traditionally be boiled away.
- save you hours of fuel and therefore money or hours of harvesting.
- prevent you inhaling lots of smoke if cooking on an open fire.



- Use only lidded pots with short handles.
- Ideally the pot lid should be tight fitting and have no steam hole.



Malebela ho tsoa ho Chef

- Lijo tsa hao li tla phehiseha le bo ba bonolo ka ho phethahala ha o li tlohela nakonyana e telele ka hara Eco Cook Bag
- Letsoai le ka liehisa lijo ho butsoa. Ho kaba molemo ho le ts'ela qetellong
- Metsi ha a no khona ho etsa sopho ka hara Eco cook Bag. O ka ts'ela linoko tse ka thusang ho etsa sopho
- Ha o batla nama e 'mala o mosoothoana kapo hanyanese e halikuoeng, qala pele ka ho li halika setofong, o ntano ts'ela lisebelisuo tse ling
- Ts'epa sephehisi sa hao. Seke oa bula pitsa kapo mokotla hara nako ea ho pheha ho qoba ho lahlehela ke mocheso o mongata haholo.
- Bula pitsa feela ha nako ea hore lijo li lokile e fihlile!

Mokhoa oa ho hloekisa Eco Cook Bag

- Sephehisi sena se tla le mokotlana o se sireletsang 'me o ka o hlatsoa joalo ka liaparo tse ling le tse ling.
- Mokotlana oona o etselitsoe ho sireletsa sephehisi sa hao se se thunthetsoe ke lits'ila.
- Ha Eco Cook Bag e ka fumana e ts'oere lits'ila, nka lesela le metsi le nang le sesepa 'me o hlakole moo lits'ila li leng teng. Beha sephehisi sa hao kantle ho oma.



Chef's Top Tips

- The longer food stays in the Eco Cook Bag the more tender it becomes!
- Salt slows down cooking so season your dish just before serving.
- Liquid does not thicken through the boiling away process so add a little corn starch.
- If you want to brown meat or caramelize onions do this first on a high heat then add to the pot for thorough cooking.
- The Eco Cook Bag will not brown meat just cook it until it's perfectly tender - with no stress!
- Trust your Eco Cook Bag- do not open part way through cooking you will lose the very heat you have put in there!
- Only open when ready to serve!

How to clean your Eco Cook Bag

- Your Eco Cook Bag comes in and with its very own protector. This outer cloth which becomes its inner liner is 100% cotton so is easily washable as usual.
- If used carefully it should protect your bag from spills.
- In the event of the Eco Cook Bag becoming soiled please sponge wash with mild detergent and allow to air dry.



Likhakanyo tsa Nako

Cooking Times Guide

Mofuta oa lijo Type of Food	Nako ea ho pheha mollong Time on fire/stove (at the boil)	Nako ea pheha ka hara sephehisi Time in Eco Cook Bag
Khoho e lesapo	Metsotso e mashome a mararo	Bonyane lihora tse peli
Chicken on the bone	30 minutes	At least 2 hours
Khoho e senang lesapo	Metsotso e leshome le metso e mehlano	Bonyane hora
Boneless, skinless chicken	15 minutes	At least 1 hour
Khomo/Nku e lesapo	Metsotso e mashome a mane	Bonyane hora tse 'ne
Beef/Mutton on bone	40 minutes	At least 4 hours
Raese	Metsotso e mene	Bonyane metsotso e mashome a mane a metso e mehlano
Rice	4 minutes	At least 45 minutes
Papa (pitsa e nyane)	Metsotso e leshome (o ntse o soka khafetsa)	Bonyane metsotso e mashome a mararo a metso e mehlano
Pap (small pot)	10 minutes (on boil stirring frequently then 1 minute with lid on)	At least 35 minutes
Papa (pitsa e kholo)	Nako e lekanang le ka holimo	Bonyane hora
Pap (big pot)	Same as the small pot	At least 1 hour
Leqebekoane	Metsotso e mashome a mararo	Bonyane hora le metsotso e mashome a mararo
Steamed Bread	30 minutes	1 hour 30 minutes

Eco Cook Bag e ea sebetsa ebile e tla fetola tsela eo o sebelisang nako ea hao!

The Eco Cook Bag works and can change how you use your time!

Mokotla o mong le o mong oa Eco Cook Bag o hlahisitsoe Lesotho, ke Basotho, molemong oa Basotho ba bang!

Plus every Eco Cook Bag is made in Lesotho by Basotho for Basotho!

Bohobe ba Leqebekoane

E FEPA BATHO BA BAKAE:

6

NAKO EA HO LOKISA:

Hora le metsotso e leshome

NAKO EA HO PHEHA SETOFONG:

Metsotso e mashome a mararo

NAKO EA SEPHEHISI:

Hora le metsotso e mashome a mararo

THEPA E HLOKAHALANG:

Pitsa ea 33cm, ea lithara tse hlano

Sekotlolo sa enamel sa lithara tse 1.5



Lisebelisoa:

- Likopi tse 'ne phoofo ea koro
- *Teaspoon* e le 'ngoe ea letsoai
- Khaba tse tharo tsa tsoekere
- *Teaspoon* e le 'ngoe ea yeast
- Kopi le halofo metsi a foofo
- Khaba e le 'ngoe oli

Mokhoa oa ho etsa:

1. Sefa phoofo ebe o tséla letsoai, tsoekere, yeast o kopanye hantle.
2. Kopanya oli le metsi. Tséla metsi ana hanyane ka hanyane ka hara phoofo o kopanye ho etsa hlama. Ha hlama e le thata haholo, eketsa metsi a manyane.
3. Luba hlama ena nako e ka etsang metsotso e leshome ho finyela ese ele bonolo e lubehile hantle. Tséla hlama eena ka sekotlolong se hloekileng o e koahele.
4. Tlohela hlama hore e bele, e kokomohe nako e ka etsang hora.
5. Arola hlama likaroloana tse tharo.
6. Ts'asa sekotlolo sa enamel ka oli.

Bohobe ba Leqebekoane

6. Tséla hlama ka hara sekotlolo. Tséla sekotlolo sena ka hara pitsa ebe o tséla metsi a chesang ka thoko ho sekotlolo. Metsi a fihle bonyane likotara tse tharo bophahamong ba sekotlolo.
7. Koahela. Belisa pitsa o e tlohele e bele hantle metsotso e mahlome a mabeli a metso e mehlano. Koaholla, eketsa metsi o belise metsotso e mehlano hape.
8. O ntse o koahetse pitsa, e tsóare ka hlokolosi o e tlose mollong. Tséla pitsa ka hara Eco Cook Bag.
9. Koahela pitsa ka lesela le kahare o behe mosangoana ka holima sekoahelo. Hula maratsoana a sephehisi o fase hantle.
10. Tlohela bohobe ka sephehising bonyane hora le metsotso e mashome a mararo.
11. Tsóla o fepe lelapa la hao.



Steamed Bread

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SERVES:	6
PREP TIME:	10 minutes kneading plus 1 hour rising time
STOVE TIME COOKING:	30 minutes
ECO COOK BAG TIME:	1 hour 30 minutes
EQUIPMENT NEEDED:	33cm, 5 litre pot with a tight-fitting lid 1.5 litre enamel or heat-proof bowl



Ingredients :

- 4 cups (480g) bread flour
- 1 tsp (5g) salt
- 3 TBSP (45g) sugar
- 1 tsp (5g) instant yeast
- 2 cups (500ml) lukewarm water
- 1 TBSP (15ml) cooking oil

How To Make :

- 1) Sift the flour into a bowl. Add salt, sugar, instant yeast and mix well.
- 2) Add the 1 tablespoon of oil into the lukewarm water and mix.
- 3) Make a well in the centre of the flour. Mix in the water into the flour bit by bit until it is all incorporated. If dough is too stiff, a bit of water can be added to make it manageable.
- 4) Knead the dough for about 10 minutes or until it is elastic-like and easy to stretch then transfer the dough into a clean bowl and cover.

Steamed Bread

- 5) Leave the dough to rise for about 1 hour until it has doubled in size.
- 6) Pinch out the dough into 3 equal pieces and form into large buns
- 7) Lightly oil the heat-proof bowl and arrange the buns into the bowl. Put the bowl into a large pot and pour boiling water into the pot. The water should be $\frac{3}{4}$ up the sides of the bowl.
- 8) Bring the pot to the boil and let it gently boil for 25 minutes. Open the lid, replenish the water and boil for a further 5 minutes.
- 9) Without opening the lid, immediately transfer the pot into the eco cook bag.
- 10) Wrap the inner cloth around the pot. Put the insulated pad on top of the lid and tightly seal the bag.
- 11) Let the bread cook in the bag for 1 & half hours.



Setjetsa

E FEPA BATHO BA BAKAE?:

6

NAKO EA HO LOKISA:

Metsotso e leshome

NAKO EA HO PHEHA SETOFONG:

Metsotso e leshome le metso e 'meli

NAKO EA SEPHEHISI:

Hora e le 'ngoe

THEPA E HLOKAHALANG:

Pitsa ea 18cm ea lithara tse 1.2



Lisebelisoa

- Likopi tse tharo tsa mokopu o khabetsoeng
- Likopi tse peli tsa metsi
- *Teaspoon* e le 'ngoe ea letsoai
- Kopi le kotara ea phoofo e tséhla kapo e tsóeu ea poone
- Khaba tse peli tsa *margarine*

Mokhoa oa ho etsa:

1. Ebola, o khabele mokopu. Tséla mokopu ka pitseng.

2. Tséla metsi le letsoai. Ha pitsa e bela, Theola mollo o phehe metsotso e leshome le metso e 'meli kapo ho fihlela mokopu o le bonolo.

3. Tlosa mollong o khotle mokopu ka lesokoana.

4. Khutlisetsa mollong. Ha pitsa e bela tséla *margarine* le phoofo o soke pitsa. Koahela.

5. Ka mollo o tlase, pheha papa metsotso e leshome o ntse o soka khafetsa.

6. Ha o qeta ho soka lekhetlo la ho qetela, koahela pitsa. E tlohele mollong nako ea motsotso. Kamorao ho moo, ka hlokolosi, t'sela pitsa ka hara Eco Cook Bag.

7. Koahela sephehisi. Pheha papa bonyane nako ea hora e le 'ngoe.

Pumpkin Pap

SERVES:	6
PREP TIME:	10 minutes peeling and cutting
STOVE TIME COOKING:	12 min for pumpkin & 10 min for pap
ECO COOK BAG TIME:	1 hour
EQUIPMENT NEEDED:	18cm 1.2 litre pot



Ingredients :

- 3 cups (500g) pumpkin diced
- 2 cups (500ml) water
- 1 tsp (5g) salt
- 1 ¼ cups (180g) yellow or white maize meal (coarse or fine ground)
- 2 TBSP (30g) margarine

How To Make :

1. Peel and cut pumpkin into cubes and put in a pot. Add the water and salt.
2. Bring the pot to boil, reduce the heat and gently cook for 12-15 minutes until the pumpkin is tender.
3. Turn off the heat & mash the pumpkin. Then turn the heat back on and once the pot starts simmering, add the margarine and maize meal and stir until it is mixed well. Close the lid.
4. On very low heat, cook the pap for 10 minutes, stirring frequently. After stirring for the last time, close the lid, leave for a minute on the heat and immediately transfer to the Eco Cook Bag
5. Let the pap cook in the bag for 1 hour

Khoho ea Sesotho

E FEPA BATHO BA BAKAE:	6
NAKO EA HO LOKISA:	Metsotso e leshome
NAKO EA HO PHEHA SETOFONG:	Hora le metsotso e mashome a mararo
NAKO EA SEPHEHISI:	Lihora tse 'ne kapo bosiu kaofela
THEPA E HLOKAHALANG:	Pitsa ea 33cm e lithara tse 5



Lisebelisoa:

- Khoho ea Sesotho e khabetsoeng
- Metsi a lekaneng ho koahela nama
- Khaba tse peli tsa *paprika*
- Khaba e le 'ngoe ea oli
- Khaba tse peli tsa letsoai
- *Black pepper* (ha e le teng)

Mokhoa oa ho etsa:

1. Tlotsa nama ka senoko sa *paprika*. Futhumatsa oli.
2. Halika nama metsotso

e meraro lehlakoreng ka leng.

3. Tséla metsi ho koahela nama. Tséla khaba tse peli tsa letsoai.

4. Ha pitsa e bela, theola mollo o e phehe ka mollo o mahareng nako ea hora le metsotso e mashome a mararo. Lula o eketsa metsi ha ho hlokahala.

5. Etsa bo 'nete ba hore metsi a lula a koahetse nama kaofela.

6. Tséla pitsa ka hara Eco Cook Bag ebe o pheha bonyane lihora tse 'ne kapo bosiu kaofela.

7. Ha e se e lokile, nts'a metsi a mang ka pitseng o a behe ka thoko (o ka a sebelisa lijong tse ling ho eketsa tatso)

8. Tlohela pitsa e bele, o koallotse sekoahelo metsotso e ka bang robeli ho isa ho leshome, ho fihlela metsi a fokotsehile ka pitseng a se a entse moro.

Village Chicken

SERVES:	6
PREP TIME:	10 minutes
STOVE TIME COOKING:	1 hour 30 minutes
ECO COOK BAG TIME:	4 hours or overnight
EQUIPMENT NEEDED:	33cm, 5 litre pot with a tight-fitting lid



Ingredients :

- 1 village chicken cut into pieces
- Water to completely cover chicken pieces
- 2 TBSP (30g) paprika
- 1 TBSP (15ml) cooking oil
- 2 TBSP (30g) salt

To finish off.

- Salt & Pepper to taste

How To Make :

1. Rinse the chicken pieces in clean water and pat dry. Sprinkle and rub the pieces with paprika.

2. In a pot, heat up the cooking oil. Fry the chicken pieces for 3 minutes each side until golden. Add enough water to cover the chicken, add the 2 TBSP salt and bring to boil.

3. Reduce the heat and cook for 1 hour 30 minutes then immediately transfer the pot into the Eco Cook Bag. Let the chicken cook in the bag for 4 hours or overnight.

4. Once cooked drain off some of the liquid (keep for future use) and leave enough to make a gravy (about 1 & half cups)

5. On the stove, season the chicken with salt and pepper to taste. Let it cook for 8 – 10 minutes until the liquid has reduced by half.

Linaoa

E FEPA BATHO BA BAKAE:

4-6

NAKO EA HO LOKISA:

Metsotso e leshome

NAKO EA HO PHEHA SETOFONG:

Mashome a mane a metso e mehlano

NAKO EA SEPHEHISI:

Lihora tse peli le mashome a mararo

THEPA E HLOKAHALANG:

Pitsa ea 18cm ea lithara tse 1.2 l



Lisebelisoa:

- Kopi e le ngoe linaoa tse omisitsoeng
- Kopi tse hlano tsa metsi a ho inela
- Kopi tse tharo tsa metsi a ho pheha
- Khaba e le 'ngoe ea oli
- Letsoai

Mokhoa oa ho etsa:

1. Khetha linaoa 'me o li hlatsoe ka metsing a hloekileng.
 2. Tséla linaoa ka pitseng ebe o tséla likopi tse hlano tsa metsi.
 3. Beha pitsa setofong 'me o e belise metsotso e meraro. Tima setofo.
 4. Tlohela linaoa ka pitseng o ntse o li koahetse lihora tse peli o li inetse.
 5. Ha o qetile ho li inela, qhala metsi ao 'me o li hlatsoe ka metsi a hloekileng.
 6. Tséla linaoa ka pitseng. Tséla likopi tse tharo tsa metsi le oli. Beha setofong.
 7. Ha pitsa e bela, theola mollo o phehe linaoa metsotso e mashome a mane a metso e mehlano.
 8. Ts'éla pitsa ka hara Eco Cook Bag 'me o koahela hantle. Pheha bonyane lihora tse peli le halofo. Nt'sa pitsa.
- Fokotsa metsi ka pitseng. Tsé'la letsoai. Pheha metsotso e robeli ho isa e leshome. Tsóla o fepe lelapa.

Beans

SERVES:	4-6
PREP TIME:	10 minutes
STOVE TIME COOKING:	45 minutes for beans 10 minutes to finish
ECO COOK BAG TIME:	2 hours 30 minutes
EQUIPMENT NEEDED:	18cm 1.2 litre pot



Ingredients:

- 1 cup (250g) dried beans
- 5 cups water for soaking
- 3 cups water for cooking
- 1 TBSP cooking oil
- Salt to taste

How To Make:

1. Sort the beans to remove any foreign bits and then rinse in clean water.

2. Put the beans in a pot and add 5 cups of water & cover. Heat the pot and once it starts boiling, cook for 3 minutes.

3. Turn off the heat and let the beans soak in the hot liquid for 2 hours. The beans can soak this way for a maximum of 4 hours (no longer than that)

4. After soaking, drain & discard the soak water. Rinse the beans in fresh water.

5. Put the beans in a pot with then add 3 cups of water and cooking oil.

6. Bring the pot to a boil, then reduce heat and let it simmer for 45 minutes

7. Transfer the pot into the bag.

8. Let the beans cook in the bag for 2 & half hours.

9. Take back to stove, season with salt. Cook for 8 - 10 minutes. Serve.

Sechu sa Linaoa

E FEPA BATHO BA BAKAE:

6 – 8

NAKO EA HO LOKISA:

Metsotso e leshome

NAKO EA HO PHEHA SETOFONG:

Hora e le 'ngoe

NAKO EA SEPHEHISI:

Hora tse peli le mashome a mararo



Lisebelisoa:

- Kopi e le 'ngoe ea linaoa tse omisitsoeng
- Kopi tse hlano tsa metsi a ho inela
- Kopi tse tharo tsa metsi a ho pheha
- Tamati tse tharo tse ebotsong, tsa khabeloa
- *Vegetable stock* e le 'ngoe
- *Teaspoon* ea tsoekere
- *Teaspoon* ea letsoai
- Kotara ea *teaspoon* black pepper

Mokhoa oa ho etsa:

Meroho:

1. Khetha linaoa 'me o li hlatsoe ka metsing a hloekileng.
2. Tséla linaoa ka pitseng ebe o tséla likopi tse hlano tsa metsi. Beha pitsa setofong 'me o e belise metsotso e meraro.
3. Tima setofo. Tlohela linaoa ka metsing pitseng o ntse o li koahetse lihora tse peli o li inetse.
4. Ha o qetile ho li inela, qhala metsi ao 'me o li hlatsoe ka metsi a hloekileng.
5. Tséla linaoa ka pitseng. Tséla likopi tse tharo tsa metsi le oli. Beha setofong.

Sechu sa Linaoa

6. Ha pitsa e bela, theola mollo o phehe linaoa metsotso e mashome a mane a metso e mehlano.
7. Hang ha nako eo e fela, ts'ela pitsa ka hara Eco Cook Bag 'me o koahele hantle.
8. Tlohela linaoa hore li butsoe bonyane lihora tse peli le halofo.
9. Lokisa meroho ha linaoa li ntse li butsoa.
10. Futhumatsa oli setofong o ts'ele hanyanese le garlic. Pheha metsotso e 'meli.
11. Tsela lisebelisua tse ling 'me o phehe metsotso e leshome le metso e 'meli ho fihlela li le bonolo.
12. Ha linaoa li lokile, li ts'ele ka hara meroho. Eketsa letsoai ha le hlokahala. Pheha metsotso e 'meli ho li futhumatsa ebe o oa ts'ola.



Mixed Bean Stew

SERVES:	6 - 8
PREP TIME:	10 minutes
STOVE TIME COOKING:	45 min for beans, 15 min for vegetables
ECO COOK BAG TIME:	2 hours 30 minutes



Ingredients :

- 1 cup dried beans
- 5 cups water for soaking
- 3 cups water for cooking
- 4 TBSP (60ml) cooking oil
- 1 onion (100g) diced
- 1 tsp (5g) garlic
- 2 carrots (200g),
- 1 each green & red bell pepper, diced
- 3 large tomatoes (200g), peeled & finely chopped
- 2 vegetable stock cubes
- 1 tsp sugar
- 1 tsp salt
- ¼ tsp black pepper

How To Make :

- Sort the beans to remove any foreign bits and rinse in clean water.
- Put the beans in a pot and add 5 cups of water & cover. Heat the pot and once it starts boiling, cook for 3 minutes.
- Turn off the heat and let the beans soak in the hot liquid for 2 hours. The beans can soak this way for a maximum of 4 hours (no longer than that).
- After soaking, drain & discard the soak water. Rinse the beans in fresh water.
- Put the beans in a pot with then add 3 cups of water and cooking oil.
- Bring the pot to a boil, then reduce heat and let it simmer for 45 minutes
- Transfer the pot into the bag and let the beans cook in for 2 & half hours.

Mixed Bean Stew

9. While the beans are cooking in the eco cook bag, prepare the vegetable stew on the stove top.
10. Heat oil in a pan. Add the onion and garlic and cook for 2 minutes.
11. Add the rest of the ingredients and cook for 12 minutes until vegetables are tender. Put aside.

To finish:

12. Take the bean pot out of the Eco Cook Bag
13. Add the cooked beans into the vegetable stew and stir through
14. Add salt and pepper to taste and heat for 2 minutes. Serve.





For further details, contact Khotso Au of the Malealea Development Trust on +266 5934 4297 or khotso.au@gmail.com