

# Somalian Style Cambuulo (Rice with Adzuki Beans in a Spicy Tomato Sauce)



## Equipment:

- Saucepan
- Cup
- Bowl

## Ingredients for 2 portions:

- ½ cup of Rice (any type)  
OR 1 microwave pack of rice
- ½ tbsp oil (any type)
- ½ tin of Adzuki beans (or use other type of beans)
- 1 tin of tomatoes
- Optional – A small onion
- Seasonings of your choice  
– Cumin, coriander, garlic powder, chilli powder salt and pepper all work well

## Steps:

1. Cook the rice according to the instructions on the packet.
2. Open the tin of beans and drain out the water.
3. Put the cooked rice into the bowl, add the beans, mix together and leave aside.
4. If using an onion, peel and chop the onion then fry in oil on a medium heat.
5. Add the tinned tomatoes and seasonings of your choice.
6. Gradually add ½ cup of water to make a thick soupy consistency, stirring regularly for about 5 minutes.
7. Spoon the tomato sauce over the rice and beans and enjoy!

# Somalian Style Cambuulo (Rice with Adzuki Beans in a Spicy Tomato Sauce)



## Equipment:

- Saucepan
- Cup
- Bowl

## Ingredients for 4 portions:

- 1 cup of Rice (any type) OR 2 microwave packs of rice
- 1 tbsp oil (any type)
- 1 tin of Adzuki beans (or use other type of beans)
- 2 tins of tomatoes
- Optional – A medium onion
- Seasonings of your choice – Cumin, coriander, garlic powder, chilli powder salt and pepper all work well

## Steps:

1. Cook the rice according to the instructions on the packet.
2. Open the tin of beans and drain out the water.
3. Put the cooked rice into the bowl, add the beans, mix together and leave aside.
4. If using an onion, peel and chop the onion then fry in oil on a medium heat.
5. Add the tinned tomatoes and seasonings of your choice.
6. Gradually add 1 cup of water to make a thick soupy consistency, stirring regularly for about 5 minutes.
7. Spoon the tomato sauce over the rice and beans and enjoy!