

Flavors Around the World

Spring 2024

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Ghanaian Red Red

Serves 8

Time 60 minutes

Vegan

Common Allergens None

Recipe from [The Canadian African](#)

Ingredients

- 1 medium red onion
- 3 tomatoes, roughly chopped
- ½ red bell pepper, chopped
- 2 cloves of garlic
- 1 thumb size ginger, peeled
- 1 scotch bonnet or habanero pepper, optional
- ¼ cup red palm oil or vegetable oil
- ¼ cup tomato paste
- 1 ⅔ cups tomato sauce
- 1 tablespoon curry powder
- 1 tablespoon cumin powder
- 1 teaspoon ground cloves
- 2 bay leaves
- 1 tablespoon vegetable bouillon powder
- 2 15-ounce cans black eyed peas or 2 cups dried (see instructions below)
- 2 cups of spinach chopped (optional)



Notes

- Red palm oil is traditionally used and has a distinct flavor and appearance. You can substitute another oil, but it will affect the flavor and appearance.

Instructions

1. If using dried beans, soak overnight in a large pot of water. Then drain and rinse the beans, and add fresh water to cover the beans. Bring to a boil, then simmer for 45-50 minutes or until just tender. If using canned beans, rinse and drain them.
2. Finely dice half of the red onion and set aside. Roughly chop the other half.
3. In a blender add the roughly chopped onion, tomatoes, bell pepper, garlic, ginger, and scotch bonnet pepper (if using). Blend the mixture with about ¼-⅓ cup of water, just enough water to make it blend.
4. In a large pot, heat ¼ cup of red palm oil (or any vegetable oil of choice) at medium heat. Add the finely diced onions and cook in the oil until soft.
5. Add the tomato paste and mix it well with the onions. Add ¼ cup of water if the pot turns dry.
6. Add the blended tomato mixture, tomato sauce, and spices.
7. Cover the pot and let the sauce cook for 30 minutes at medium heat or until the sauce starts to stick to the bottom of the pan. You want to evaporate out as much water as possible and be left with a thick sauce.
8. Mix in the cooked beans and let it cook in the sauce for 10 minutes. Add the spinach if using, turn off the heat, and stir until spinach is wilted.
9. Serve with fried plantains and /or rice.