

Cambuulo iyo Maraq (Rice with Adzuki Beans in a Spicy Tomato Sauce)

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modified by Tara Eyre



Ingredients:

- 1 cup long grain Basmati rice (or brown rice or Forbidden Rice)
- 1 cup cooked Adzuki beans or any kind of lentil
- 6 fresh tomatoes, diced
- 1 tsp ground coriander seed
- 1 tsp ground cumin seed
- 1 tsp chili powder or ½ tsp chili flakes or 2 green chili's (diced)
- 2 cloves of garlic, pressed
- 1 large onion, diced
- 2 TBSP sesame oil, olive oil or avocado oil
- 1 TBSP apple cider vinegar
- Juice of one lemon
- Salt to taste

Instructions:

Cambuulo:

1. For the Rice:
 - a. If using Basmati rice: cover the rice with one and half cups of water and a pinch of salt. Cover the pan and cook over low heat until the rice is done. This should take about 15 minutes.
 - b. If using Forbidden rice: Boil 2 cups of water and pour over 1 cup of rice. Let sit for 4-5 hours.
 - c. If using brown rice: cook as usual.
2. Mix in the Adzuki beans and set aside

Making the tomato sauce:

1. Saute the onions in the oil over medium heat until translucent
2. Add in the garlic and cook for about a minute
3. Add in the diced tomato, cumin, coriander and chili and cook for about five minutes. Add water if needed to ensure the sauce doesn't dry out.. You want a thick, soupy consistency.
4. Add the apple cider vinegar and lemon juice. Simmer over low heat for five minutes.

To serve:

1. Serve the *Cambuulo* mixture in a bowl.
2. Generously spoon the tomato sauce over the *Cambuulo*.
3. Garnish with fresh tomatoes, fresh coriander or toasted nuts if desired.

Prep Time: 20 minutes if beans are pre-cooked

Cook Time: 40 minutes

Total Time: 1 hour

Serves: 4 people