



# From the kitchen of Chef Frank Turner

## Black Turtle Bean Lentil Ragout

### Ingredients:

- 4.4 oz. dried black turtle beans, preferably from market vendor Steaks and Cupcakes
- 8 oz. cooked lentils (about 3 oz. dried)
- ½ cup vegetable oil
- ½ cup green pepper, diced
- 1 cup white onion, diced
- 9 oz. hardwood smoked beef bratwurst, diced, from Steaks and Cupcakes
- 2 tsp. chopped garlic
- 14.5 oz. can diced tomatoes with green chilies, preferably Eden Organic brand
- ¼ tsp. ground cumin
- ¼ tsp. ground coriander
- 2 Tbsp. tomato paste
- 1 tsp. chipotle pepper, chopped
- 2 Tbsp. fresh cilantro, chopped
- 3 Tbsp. green onion, sliced

### Process:

- Simmer unsoaked black beans for 55-65 minutes (soaked for 45-60 minutes). Don't let the water reach a boil. Add dried lentils once the black beans have 20 minutes left to cook then remove all beans from heat.
- In a thick-bottomed pan over medium heat, sauté bell pepper and white onion in vegetable oil until halfway cooked, approximately 10 minutes. Add diced beef bratwurst and simmer for another 15 minutes. Add garlic and continue cooking for 5 minutes. Add diced tomatoes, prepared black turtle beans and lentils, cumin, coriander, tomato paste and chipotle peppers. Simmer for 30 minutes. Add cilantro and green onions and simmer 5 minutes. Taste and adjust seasoning before serving.

