

Chapati and Bean Stew Recipe

This recipe is inspired by East African cooking, where beans and chapati are a common, comforting pairing. Chapati, influenced by Indian cuisine, is also a staple across East Africa and is often served with savory stews. The dish includes everyday ingredients like onions, tomatoes, and leafy vegetables to create flavour without being heavy. Made with whole wheat flour, beans, and vegetables, the chapati and stew together provide fibre, plant-based protein, iron, and complex carbohydrates, making this a balanced meal.



Servings: 4

Prep Time: 15 minutes

Cook Time: 1hr: 15 minutes

Ingredients

For the Chapati:

- 2 cups (240g) whole wheat flour
- 1 tbsp (15ml) olive oil
- ½ tsp (3g) salt
- ¾ cup (180g) warm water
- Extra flour for rolling

For the bean stew:

- 2 cans of red kidney beans (3 cups cooked)
- 2 tsp (10g) fresh ginger, minced
- 1 tbsp (9g) fresh garlic, minced
- 2 medium onions, chopped
- 1 tsp (2g) mild curry powder
- ½ tsp (1g) ground cumin
- ½ tsp (1g) ground turmeric
- ½ tsp (0.5g) ground cardamom
- ½ tsp (1g) ground coriander
- 3 cups (100g) spinach, chopped
- 2 ½ cups (100g) cabbage
- 150g tomato or 3 medium tomatoes
- Pinch of salt
- 2 tbsp (30ml) olive oil
- 1 jalapeño or other hot pepper, minced

Instructions

Make the chapati:

1. In a bowl, mix the whole wheat flour and salt. Add the oil, then gradually pour in the warm water, mixing until a soft dough forms.
2. Knead the dough on a lightly floured surface/board for 7 minutes until smooth and elastic. Set the dough in a small bowl, cover and let rest for 30 minutes. While the dough rests, begin the stew recipe.
3. Divide the dough into 8 - 10 small balls. Roll each ball into a thin circle using extra flour on your surface/board as needed.
4. Cook each chapati in a medium pan on medium heat for about 3 to 4 minutes until lightly browned. Flip and cook on the other side; repeat with the other balls of dough. Keep warm and set aside.



Chapati and Bean Stew Recipe

****While letting the chapati dough rest, start on the bean stew.****

Make the bean stew:

1. Heat the oil in a pot over medium heat. Add the chopped onions and garlic, cook until soft and lightly golden.
2. Stir in the ginger, jalapeño (or other hot pepper) and cook for about 1 minute.
3. Add the curry powder, cumin, turmeric, cardamom, salt, and coriander. Stir well to coat the onions.
4. Add the tomatoes and cook for 5–7 minutes, until they break down and form a thick sauce.
5. Stir in the kidney beans, cabbage, and spinach. Add a small splash of water to cover the beans if needed. Simmer for 15 minutes, until the vegetables are tender.
6. Taste and adjust seasoning if needed, then serve the stew warm with the chapati.

Nutrition Facts: per Chapati

Nutrition Facts Comparison		
Nutrition Facts	Whole Wheat Chapati	All-Purpose Flour Chapati
Calories	68 kcal	125 kcal
Protein	4 g	3 g
Total fat	1 g	2 g
Saturated fat	1 g	1 g
Carbohydrates	14 g	23 g
Fibre	4 g	1 g
Sodium	98 mg	114 mg

Adapted from: [Chapati Recipe](#) from Veg Kitchen and [Kenyan Beans Recipe](#) from Kitchen Frau

