

Potato and Bean Stir Fry

4 large potatoes boiled until tender/ not over done, drained and set aside

3-4 green onions or ½ onion, cut into small pieces

1 green pepper, diced

2 tablespoons oil

2-3 cloves of garlic smashed

1 can (14oz) kidney beans, drained

2 tablespoons low salt soy sauce

1 tablespoon roasted sesame seed oil

Heat the oil in a skillet or wok. Add the onions, pepper and garlic. Fry until tender. Add the beans and potatoes, sprinkle with soy sauce. Cook until heated through. Before removing from heat dribble the sesame seed oil on top. Serve hot. You can garnish this dish with sesame seeds and or some fresh herbs.