VEGAN BEAN CURRY

This weeks recipe of the week is a tasty bean curry suitable for the vegan diet. Using three types of beans; black turtle (a favourite here), red kidney beans and chickpeas, it makes a great curry to have with rice or quinoa, or you can change things up a little and try curried bean nachos or tacos. Enjoy...

Ingredients:

1 tablespoon olive oil

1/2 teaspoon of cumin seeds

1 teaspoon of grated ginger

1 teaspoon of grated garlic

1/4 teaspoon chilli flakes

1 medium red onion, chopped

2 x 400g tins of diced tomatoes

1/2 cup black beans, cooked, rinsed and drained

1/2 cup red kidney beans, cooked, rinsed and drained

1/2 cup of chickpeas, cooked, rinsed and drained

1 teaspoon of mild curry powder

1/2 teaspoon ground cumin powder

1/4 teaspoon organic turmeric powder

1/4 teaspoon garam masala

Sea salt to taste

1/2 cup coconut milk

2 tablespoons of chopped coriander to garnish

Fresh lemon juice, optional

Method:

Heat the olive oil in a pan on medium heat, waiting until the oil is hot before adding the cumin seeds. Stir until they start to crackle.
Add the chopped onions and chilli flakes and saute for 5 minutes or until the onions soften and are translucent.
Add the grated ginger and garlic and cook for a further 2-3 minutes.
Add the canned tomatoes and cook for another 5 minutes until simmering.
Now add the curry powder, turmeric, cumin, garam masala and mix well. Cook the spices with the tomato for an additional 3-4 minutes.
Stir in your beans, mixing well. Cover the pan and allow to cook on medium heat for 5 minutes.
Add the coconut milk and a little water if the mix is too thick, and add your salt to taste.
Let the curry simmer for 5 more minutes before serving hot with rice or quinoa, a garnish of coriander and optional squeeze of fresh lemon. Enjoy.

Gluten Free | Dairy Free | Vegan | Refined Sugar Free