## 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

## Method:

- 1. 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.
- 2. Add the chopped onions and chilli flakes and saute for 5 minutes or until the onions soften and are translucent.
- 3. Add the grated ginger and garlic and cook for a further 2-3 minutes.
- 4. Add the canned tomatoes and cook for another 5 minutes until simmering.
- 5. Now add the curry powder, turmeric, cumin, garam masala and mix well. Cook the spices with the tomato for an additional 3-4 minutes.
- 6. Stir in your beans, mixing well. Cover the pan and allow to cook on medium heat for 5 minutes.
- 7. Add the coconut milk and a little water if the mix is too thick, and add your salt to taste.
- 8. 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

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