



ThompsonsBeans.com

Curried Vegetables & White Beans serves 6

An excellent source of thiamin, niacin, vitamin B-6, vitamin E, iron, phosphorous, magnesium, zinc, folate and vitamin C. A very high source of dietary fibre

- 3 tbsp (50 ml) olive oil
- 2 onions, sliced
- 4 cloves garlic, minced
- 2 tbsp (25 ml) grated ginger root (or 2 tsp/10 mL powdered ginger)
- 2 tsp (10 ml) curry powder
- 2 tsp (10 ml) ground coriander (cilantro)
- ¼ tsp (1 ml) cayenne pepper
- 1 cup (250 ml) vegetable or chicken stock
- 1 can (28 oz/796 mL) plum tomatoes drained and crushed
- ¼ cup (50 ml) light or whipping cream
- 1½ cups (375 ml) fresh cauliflower florets
- 8 oz (250 ml) mushrooms, quartered
- 1 medium zucchini, chopped
- ½ red pepper, thinly sliced
- 2 cups (500 ml) WHITE PEA BEANS, soaked, cooked and drained
- 2 tbsp (25 ml) fresh coriander, chopped
- pinch of salt and pepper
- 6 cups (1.5 L) cooked rice

Directions: In a medium saucepan, heat 1 tbsp (15 mL) of olive oil until hot. Add onions and saute 10 minutes or until golden. Add garlic, ginger root and curry powder and cook over medium heat until soft. Add stock and tomatoes and simmer for 10-15 minutes, until slightly reduced. Stir in cream and season with salt and pepper to taste. Remove from heat and set aside. In a skillet or wok, heat 2 tbsp (25 mL) of olive oil. When hot, add vegetables and stir-fry for 2-3 minutes. Drizzle vegetables with 2-3 tbsp (25-50 mL) of water, cover and cook over medium heat for 5 minutes or until tender-crisp. Transfer vegetables to a large bowl, draining excess water. Add curry sauce and beans and combine all ingredients. Before serving, stir in fresh coriander and pour mixture over rice.

Nutritional Facts per serving

Energy 527 kcal, Fat 11 g, Sodium 413 mg, Carbohydrates 93 g, Protein 16 g, Total Dietary Fibre 7.6 g

Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.

Recipe compliments of OntarioBeans.on.ca