



Mixed Bean Curry

I adapted this recipe from one I found on Epicurious.com. I found a bean mix at Costco (also available on amazon) called Super Bean Mix, which contains soybeans, chickpeas, black beans & kidney beans. They come in 5oz, cooked and ready to eat packets. I added these for a protein packed meat free meal. This recipe is vegan and best served with steamed spinach and brown rice (or cauliflower rice for low-carb).

Serves Four

For the Lentil & Mixed Beans:

$\frac{3}{4}$ c. Red lentils 2 c. Vegetable Stock

1 can Coconut milk (15oz)

1 pkg Super Bean Mix (5oz)

1 each Yellow Onion, small diced

1 tbl. Ginger, minced

3 each Garlic cloves, minced

2 tsp Curry Powder

$\frac{1}{2}$ tsp Red Pepper Flake

For the Cilantro Chutney:

1 each Shallot, finely chopped

2 each Garlic cloves, minced

3 tb Cilantro, leaves & tender stems, finely chopped

$\frac{1}{2}$ each Lime, zested & juiced

3 tbl Extra Virgin Olive Oil

To Taste salt & pepper

In a sauce pan, saute the onion, ginger & garlic in olive oil (or coconut oil) until translucent. Add curry powder & red pepper flake, stir to combine. Add red lentils, cook 1 minute more. Add vegetable stock, bring to a boil, reduce to a simmer and let cook for 10 minutes, stirring occasionally. Add coconut milk, stir to combine, bring to a boil, reduce to a simmer and let cook 10-15 minutes until lentils are soft and become creamy. While curry is cooking, assemble the cilantro chutney by combining all ingredients, season to taste with salt & pepper, set aside. Add cooked beans, cook 1-2 minutes more. Serve with brown or cauliflower rice, steam spinach. Top with the cilantro chutney and garnish with additional cilantro leaves.