

## **Vegan 3 Bean Curry – A recipe for Veganuary**

This works with any selection of beans to suit your taste and proportions (equivalent to 250g dried weight in total) or use our 5-bean mix for even more variety



### **Ingredients**

- 1 small onion
- Garlic to taste
- 1tsp ginger
- 1tsp coriander powder
- 1tsp cumin powder
- 1tsp smoked paprika
- ½ tsp turmeric
- 1 tin tomatoes
- 1 tbs tomato paste
- 1 tin coconut milk (or cream)
- Kidney Beans
- Chickpeas
- Black/turtle beans

### **Method**

- In advance, rinse, soak and cook beans according to instructions (until soft)
- Toast spices in a dry frying pan for a few minutes
- Add a small amount of vegetable oil and cook onion until soft, add garlic to taste and cook for a minute or two
- Add tinned tomatoes, previously cooked beans, coconut milk and tomato paste and cook on a low heat for 15 minutes to allow flavours to develop
- Add vegetable stock or water if you prefer a looser consistency
- Taste and season as required
- Serve with rice

NB: To save time and energy try soaking and cooking beans in larger quantities and freezing some in individual bags for future use. A pressure cooker greatly reduces cooking time and energy and beans can be cooked with little or no soaking. Check advice for individual varieties.