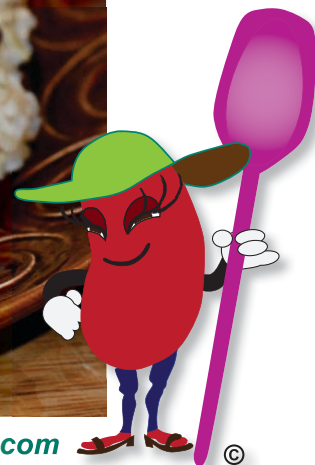


Beans, Rice And Everything Nice

Kidney Bean and Broccoli Curry



original recipe by beansriceeverythingnice.weebly.com



Ingredients

1/2 red onion, diced
2 cloves garlic, minced
1 Tablespoon minced ginger
1 teaspoon ground cumin
1 teaspoon ground coriander
1 Tablespoon curry powder
6 - 8 mushrooms, sliced
1/2 cup red lentils, sorted and washed
1 small potato, diced
3 cups water, divided
454 grams (1 pound) broccoli, chopped
2 cups cooked or 1 can kidney beans
drained and rinsed

Optional:

1/4 cup cashews, soaked and drained
2 Tablespoons shredded coconut
soaked in 4 Tablespoons water
1/2 cup water

- 1. To make the optional cashew-coconut milk:**
Rinse and soak the cashews in water to cover for one hour. At the same time, soak the shredded coconut in a separate bowl for one hour. Drain the cashews and place them in a blender jar along with the shredded coconut in water and another 1/2 cup water. Blend on high speed until smooth.
- 2.** Dry saute the onion in a medium sauce pan over medium heat, adding splashes of water if needed. When the onions are cooked add the minced garlic and ginger. Saute for 30 seconds. Add the spice and stir to lightly toast the spices and combine with the onions etc. Add the mushrooms and 1/2 cup of the water. Stir, cover with a lid and let cook for 5 minutes.
- 3.** After 5 minutes add the lentils, potato and 2 cups of the water. Cover, turn up the heat, bring to a boil, reduce heat and simmer for 15 minutes.
- 4.** When lentils are cooked, add the kidney beans, broccoli and remaining 1/2 cup water. Simmer for another 5 minutes, until the broccoli is cooked.
- 5.** You could serve the curry once the broccoli is tender, or you could stir in the cashew-coconut milk, and let sit for a couple of minutes before serving.