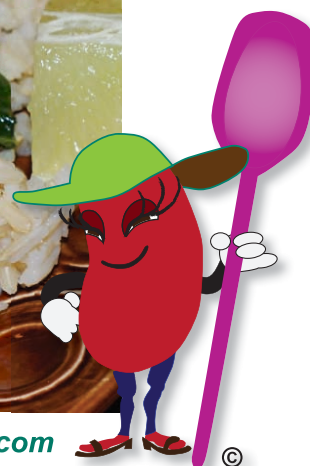


# Beans, Rice And Everything Nice

## Soy Curls and Potatoes in a Spicy Tomato Gravy



[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

*makes 4 - 6 servings*

2 cups soy curls  
4 cups hot water for soaking  
1 teaspoon cumin seed  
1 small onion, diced  
2 cloves garlic, minced  
1 Tablespoon minced ginger  
1/2 teaspoon turmeric  
1/2 teaspoon ground cayenne pepper  
2 teaspoons ground coriander  
1 - 28 ounce can diced tomatoes  
(no-salt preferred)  
1 green pepper, diced  
2 small potatoes, diced  
1 to 1-1/2 cups water  
1 teaspoon garam masala  
2 Tablespoons tahini, optional  
1 bunch of kale, stems and leaves  
separated and chopped  
salt and pepper to taste  
lime juice to taste

1. Soak the soy curls in hot water for 10 minutes. Set aside while you chop the vegetables and measure out the spices.
2. Heat a medium saucepan over medium heat. Add the cumin seeds and dry toast until they have darkened a bit and released their aroma, about 3 minutes. Add the diced onion and cook until the onions are translucent, adding a splash of water, if needed. Add the garlic, ginger, turmeric, cayenne, and coriander. Stir to coat the onions and lightly toast the spices. Add the can of diced tomatoes. Stir to combine, cover with a lid and bring to a boil over medium heat. Once boiling, reduce the heat and simmer for 5 minutes, stirring occasionally.
3. While the tomatoes and the seasonings are stewing, drain the soy curls and squeeze out as much water as you can. After the tomatoes have cooked for 5 minutes, add the chopped kale stems, diced green pepper, diced potatoes, and soy curls to the tomato gravy along with 1 cup of water. Stir to combine. Cover and simmer for 10 minutes, until the potatoes are almost cooked through. Stir occasionally. You may Add up to 1/2 cup more water if needed.
4. Stir in the garam masala and the tahini. Top the stew with the kale leaves and cover. Simmer, steaming the kale, for 5 minutes. Stir to evenly distribute the kale throughout the dish.
5. Serve on a bed of brown rice garnished with salt and pepper to taste and a squeeze of lime juice.