



Indian Mixed Beans Curry

INGREDIENTS

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|----------------------------------------|----------------------------------------------------|
| 45 ml olive oil | 15 ml ground cinnamon |
| 30 ml whole cumin seed | 15 ml ground clove |
| 30 ml whole mustard seed | 30 ml turmeric |
| 1.5 kg diced onions | 30 ml paprika |
| 250 ml fresh minced garlic | 250 ml tomato paste |
| 175 ml minced ginger root | 2.27 kg Eamore Sprouts
Mixed Beans |
| 15 ml ground chili flake | 2 litres tomato coulis
(or puree canned tomato) |
| 75 ml ground roasted
cumin seed | 15 ml coarse sea salt |
| 75 ml ground roasted
coriander seed | 250 ml water |

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INSTRUCTIONS

In a large braising pot, heat 45 ml of oil and cook the cumin and mustard seed on low for three minutes.

Add diced onion and sweat for about 5 minutes at medium to low heat.

Add minced garlic and ginger and cook for 3 minutes stirring regularly to avoid coloration.

Add all of the dry spice and cook for 10 minutes stirring regularly to avoid coloration.

Stir in the tomato paste and 250 ml of water.

Simmer for about 15 minutes at low heat.

Add **Eatmore Sprouts Mixed Bean Sprouts** and the tomato coulis. Simmer at low heat until the beans are tender, about 45 minutes. Season to taste.

Recipe by: Renowned Chef Ronald St. Pierre of Locals Restaurant, Comox Valley

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com

