



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Red Kidney Bean Curry (adapted from Smitten Kitchen)

This recipe has another trait I love – it takes well to freezing. Make a large batch, freeze in portions, and your next meal is that much easier!

The first time I made this, it seemed a little bland so I've increased the spices and added garam masala. I love garam masala. I've also changed the tomatoes around to something that makes more sense to me.

Serves 6

2 tablespoons olive oil
1 medium onion, finely chopped
1 jalapeno, minced
2 tablespoons chopped fresh ginger
3 cloves garlic, chopped
1 tablespoon tomato paste
2 teaspoons ground turmeric
2 teaspoons garam masala
1½ teaspoon ground cumin
1½ teaspoon ground coriander
1 teaspoon cumin seeds
¼ teaspoon cayenne
1 (15-ounce) can diced tomatoes, with juice
2 (15-ounce) cans red kidney beans, rinsed and drained (or 3 cups cooked beans)
1 teaspoon salt
½ cup chopped fresh cilantro

In a 3-quart saucepan over medium heat, heat the oil. Add the onion and jalapeno and cook, stirring occasionally, until the onion just starts to brown at the edges, 5-8 minutes. Add the garlic, ginger, tomato paste and spices; cook, stirring constantly, until fragrant, about 1 minutes. Add the tomatoes and their juice, the beans, and the salt. Bring to a boil over medium-high heat, then decrease the heat to low and simmer uncovered for 10 minutes. Stir in the cilantro, taste for seasoning, and serve over rice or with naan.