

Apple & Butter Bean Curry

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/butter-beans-recipe-indian>

Ingredients:

- 2 garlic cloves
- 2 red onions
- 3 apples
- 1/2 red pepper
- 1 tomato
- 2 cans chopped tomatoes
- 2 cups vegetable
- 2 cups frozen cauliflower
- 1 cup peas
- 1 cup sweetcorn
- 1 cup dried lentils
- 1 jar butter beans – rinsed
- 2 stock veggie, cubes
- 2 teaspoons turmeric
- 1 teaspoon cumin
- ginger powder Sprinkle of
- salt
- pepper
- paprika
- 2 cups hot water

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 15 grams
6. Protein: 18 grams
7. Sodium: 470 milligrams

8. Sugar: 19 grams

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