

Indian Beans On Toast

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 teaspoon mustard seeds
- 1 onion large, finely chopped
- 2 cloves garlic crushed
- 1 teaspoon ginger grated
- 1 red chilli minced
- 1/2 teaspoon coriander
- 1 teaspoon turmeric
- 1 can chopped tomatoes
- 410 grams cannellini beans tins, drained and rinsed
- 1/4 cup water
- 1 pinch Garam Masala
- salt
- pepper
- 4 slices bread good quality
- fresh coriander to serve, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 410 milligrams
9. Sugar: 5 grams

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