

# Indian Bean and Chickpea Stew with Mushrooms

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/dry-bean-indian-recipe>

## Ingredients:

- 1 pound dried beans choice this time I used Rancho Gordo Good Mother Stallards
- 1 pound dried chickpeas
- 1 chopped onion
- 6 garlic cloves chopped
- 1/2 teaspoon turmeric
- 1/2 teaspoon paprika
- avocado oil drizzle
- 1 teaspoon sea salt
- 3 tablespoons avocado oil
- 2 teaspoons spice
- 1 teaspoon mustard seeds
- 1 tablespoon mustard seeds dark
- 1 tablespoon cumin seeds
- 3 large onions med-, chopped
- 3 tablespoons ginger paste
- 2 tablespoons minced ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon paprika
- 2 pounds crimini mushrooms sliced
- 1 tablespoon ground cumin
- 2 tablespoons ground coriander
- 1 tablespoon amchur powder plus more to taste
- 1 head cauliflower broken into bite-sized florets
- 4 chopped tomatoes
- beans with their cooking liquid if you cannot fit quite all of them, add them to the leftovers
- 2 teaspoons Garam Masala
- 1/3 cup brown sugar remember this makes a ton!
- 2/3 cup yogurt full fat, I used a blend of full fat sour cream with 2% yogurt
- lemon wedges I was out
- chopped cilantro
- basmati rice