

Indian Inspired Green Beans with Chick Peas

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 8 ounces green beans blanched, – cut in bite size pieces
- 1 sweet onion chopped
- 1 tomato chopped
- 1 red bell pepper chopped
- 1 tablespoon ginger – grated
- 1/2 teaspoon turmeric powder
- 1 chile very spicy hatch, – roasted with skin removed and chopped well –, or any very hot pepper, s that you like
- 1 teaspoon chile powder
- 10 cashews crushed to powder
- 3 garlic cloves – minced
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon Garam Masala
- 1 teaspoon kosher salt or sea salt
- 2 tablespoons tomato paste
- 1 cup water
- 4 curry leaves branches, store package size, – chopped well
- 15 1/2 ounces low sodium garbanzo beans chick peas – rinsed very well

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams

8. Sodium: 730 milligrams

9. Sugar: 9 grams

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