

# South Indian Green Bean Subji & Mustard Seed Rice

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 tablespoon oil
- 6 curry leaves
- 1 onion chopped
- 1 tablespoon ginger minced
- 12 red chilis
- 1/2 cup desiccated coconut
- 1/4 teaspoon turmeric
- 2 tablespoons coriander powder
- 1 teaspoon Garam Masala
- 1 large tomato chopped
- 1 1/2 pounds green beans chopped in little pieces
- salt
- 1 teaspoon oil
- 1 teaspoon mustard seeds
- 7 curry leaves
- 1 cup basmati rice
- 1 teaspoon oil
- 1 teaspoon mustard seeds
- 7 curry leaves

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 58 grams
3. Fat: 14 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. SaturatedFat: 6 grams

7. Sodium: 220 milligrams

8. Sugar: 8 grams

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