

Vegan Malabar Curry with Veggies and Beans

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-south-indian-vegetable-curry-recipe>

Ingredients:

- 1/2 cup shredded coconut fresh or frozen coconut or use dried shredded
- 1/4 teaspoon fennel seeds
- 1 clove
- 2 green cardamom pods
- 1/2 teaspoon ground cardamom
- 1 teaspoon oil
- 1 teaspoon mustard seeds
- 10 curry leaves
- 1 cup finely chopped onion
- 2 cloves garlic minced
- 1/2 inch ginger minced
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon cayenne or Indian red chili powder, use less for less heat
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground pepper
- 4 ounces tomato puree canned unseasoned purée
- 2 cups vegetables Chopped, such as cauliflower, sweet potato, carrots, green beans, zucchini, peas etc.
- 15 ounces white beans
- 1 1/4 cups chickpeas
- 3/4 teaspoon salt or to taste
- cilantro optional
- lemon juice optional
- garlic
- ginger
- onion
- spices
- turmeric
- cayenne
- cinnamon

- ground pepper
- tomato puree adds body to the gravy, canned unseasoned
- 2 cups veggies mixed, such as cauliflower, sweet potato, carrots, green beans, zucchini, peas etc.
- white beans to add some protein, I toss in some
- cilantro optional
- lemon juice optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 75 grams
3. Fat: 7 grams
4. Fiber: 20 grams
5. Protein: 17 grams
6. SaturatedFat: 3 grams
7. Sodium: 800 milligrams
8. Sugar: 9 grams

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