

Green Bean Curry (Vegan)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-mushroom-recipe-without-onion-garlic>

Ingredients:

- 3 cloves garlic minced
- 1 tablespoon fresh ginger minced
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 tablespoon Garam Masala
- 3 cups fresh green beans trimmed and cut into 1-inch pieces
- 4 ounces mushrooms sliced, white button or cremini
- 1 red bell pepper diced
- 2 tomatoes roughly chopped
- 1 can coconut milk 14 ounces
- salt
- pepper
- brown rice
- quinoa

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 31 grams
3. Fat: 25 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 21 grams
7. Sodium: 220 milligrams
8. Sugar: 9 grams

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