

# Bean Curry

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 tablespoon canola oil
- 1 onion chopped
- 3 cloves garlic finely minced
- 1 teaspoon ginger freshly grated, see pictures of grating ginger here
- 1 large tomato chopped
- 1/2 teaspoon tumeric
- 1 pinch cayenne or to taste
- 1/2 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon Garam Masala
- 3/4 cup half-and-half
- 1 cup vegetable stock or chicken broth
- 1 can black eyed peas lightly drained
- 2 tablespoons chopped fresh cilantro

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 4 grams
8. Sodium: 570 milligrams
9. Sugar: 3 grams

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