

# Keralan Runner Bean Curry

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 onion
- 1 green chillies
- 1 3/16 inches ginger
- 2 cloves crushed
- oil
- 1 teaspoon turmeric
- 2 teaspoons ground cumin
- 3 teaspoons ground coriander
- 2 teaspoons mustard seeds
- 1/4 coconut
- 1 11/16 cups coconut milk
- 7/8 pound runner beans
- curry leaves a handful
- rice to serve
- poppadoms to serve

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 26 grams
3. Fat: 38 grams
4. Fiber: 9 grams
5. Protein: 6 grams
6. SaturatedFat: 29 grams
7. Sodium: 30 milligrams
8. Sugar: 9 grams

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