Bean Curry

Ingredients:

3 tins of beans - (in water or saline)

2 tablespoons oil

1 teaspoon cumin seeds

I tin tomatoes

1 green chilli

1 inch knot ginger

1/2 teaspoon turmeric

1/4 teaspoon hot chilli powder

1 teaspoon salt

1 teaspoon ground coriander

fresh chopped coriander

Method:

1. Open & drain the tins of beans
2. Empty the tomato tin contents in the blender. Add to it the ginger & chilli - blend till finely chopped
3. In deep frying pan, heat the oil & fry cumin to golden colour
4. Add the tomato mix & cook for 2 minutes
5. Add the turmeric, chilli powder, salt & ground coriander -stirring continuously
6. Add the drained beans & stir to coat with the tomato sauce
7. Cover with lid & cook on low heat for ten minutes; stirring occasionally
8. Serve hot garnished with fresh chopped coriander