**Curried Spinach and Bean Recipe**

**Ingredients:**

* 3 cups beans (canned or boiled)
* **Vegetables:**
	+ 12 cups washed, chopped spinach
	+ 1.5 cups chopped onion
	+ 2 cups chopped tomatoes
	+ 1/3 cup chopped/grated ginger
	+ 1/3 cup chopped/grated garlic
	+ 2 tbsp chopped chili peppers (optional)
* **Condiments**:
	+ 4 tbsp oil (any oil)
	+ 1 tbsp cumin seeds
* ½ tsp red chili pepper
	+ 1 tbsp coriander powder
	+ 1 tsp of black pepper
	+ 1 tsp salt (or less)
	+ 1 tsp turmeric powder (optional)

**Method:**

1. Add oil to a large pot & cook cumin seeds until brown
2. Add the onion and stir until slightly brown followed by ginger and garlic to oil and brown a bit
3. Next add the tomatoes to the pot, & cook until oil separates from tomatoes.
4. Add all the spices
5. After stirring spices, add the spinach to the pot and mix
6. Cook spinach for around 5 minutes (preserve the green color) and then add the beans to the pot, mix and serve!

**Tips:**

* Chopping in machine adds water to the vegetables and texture is different when you out them in the oil
* If onion is sticking to the bottom of the pan, the heat is too high
* Use a large pot because spinach will initially have a lot of volume
* Can be eaten hot or cold
* Good way to add more green leafy vegetables
* Could eat this with rice, bread, roti, as a snack too

**Yield:**

8 cups

One cup provides: half protein serving and 2 vegetable servings