

Less than 45 minutes

Serves 4

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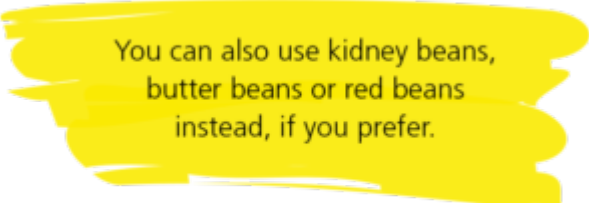
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Ingredients:

- 2 onions, chopped
- 2 tomatoes, chopped and peeled
- 1-2 garlic cloves, chopped
- 5 cardamom seeds
- Pinch cinnamon
- 1 tsp (5ml) curry powder
- 2 cups (500ml) coconut milk
- 1 cup (250ml) vegetable stock
- 1 tsp (5ml) salt
- 2 cups (250g) dry butter beans, soaked
- Pinch sugar
- Parsley or coriander, for serving
- Crusty bread, for serving

Method:



You can also use kidney beans,
butter beans or red beans
instead, if you prefer.

1. Fry onions and tomatoes in a pot until softened, about 5-8 minutes.
2. Add remaining ingredients and season with salt.
3. Cook for 15-20 minutes over medium heat, stirring occasionally, until the liquid has thickened and still just covering the tender beans.

4. Add a pinch of sugar to taste.
5. Scatter with parsley or coriander, and serve with bread.