

Bean Curry And Rice

Serves 8

Ingredients

2 tablespoons olive oil
1 large white onion, chopped
1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder
1 teaspoon ground cumin
1 pinch cayenne pepper
1 can crushed tomatoes (28 ounce)
1 can garbanzo beans, drained and rinsed (15 ounce)
1 can kidney beans, drained and rinsed (8 ounce)
1/2 cup raisins
8 cups cooked brown rice
salt and pepper to taste

Instructions

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

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