



VEGETARIAN BEAN CURRY

Ingredients

For 2 persons

2 tbsp olive oil
1 large white onion
100g dry lentils
2 cloves garlic
3 tbsp curry powder
1 tsp ground cumin
1 pinch cayenne pepper
1 can crushed tomatoes
1 can garbanzo beans
1 can kidney beans
Salt and pepper

Steps

1. Heat the oil in a large pot over medium heat, and cook the onion until tender. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
2. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.