

BUTTER BEANS OR SUGAR BEANS CURRY RECIPE

Enjoy this easy to make beans curry recipe.

Ingredients:

- 2 tins beans OR 250gr sugar beans (*soaked overnight and cooked in salted water till soft*)
- 3 Tablespoons of Sunflower oil
- 1 Large ATLAS Bay Leaf
- 1/2 a Teaspoon of ATLAS Mustard Seeds
- 1 ATLAS Stick Cinnamon
- 2 ATLAS Cardamom Pods (Seeds removed and ground with pestle & mortar)
- 1 Teaspoon ATLAS Turmeric Powder
- 3 Teaspoons ATLAS Chilli Powder (or to taste)
- 2 Teaspoons ATLAS Jerra Powder (Cumin)
- 1 Large Onion / or 2 medium (Finely Chopped)
- 2-3 Tablespoons ATLAS RED MASALA OR MOTHER-IN-LAW OR FATHER IN-LAW
- 2 Large Tomatoes (Grated)
- 3 Potatoes (Cubed)
- Curry Leaves
- Salt to taste
- Dhania Leaves (Corriander)

Method:

- 1) On a medium heat, add oil to pot
- 2) Add the Jeera (cumin), Mustard Seeds, Bay Leaf, Cinnamon stick, Turmeric & Cardamom
- 3) Allow to gently fry for about 30 seconds, do not let your spices burn
- 4) Add Chilli Powder
- 5) Add the chopped onions and saute until soft
- 6) Add the Masala / Curry Powder and allow to gently fry (Add a dash of water if the mixture is too thick and wants to stick and burn. Allow the water to cook off)
- 7) Add Tomatoes and sauté until your tomatoes have broken down into the sauce.
- 8) Remove from the heat, add the Beans and mix well
- 9) Return to the heat, add the water from the beans until you have your required consistency. (The beans will suck up some water, so keep adding.
- 10) Add Curry leaves and salt to taste.
- 11) Taste for salt and garnish with Dhania leaves (corriander)
- 12) Serve plain, with rice, with roti or as a bunny chow on slices of thick buttered bread