

TAFIQ'S PHYSIQUES

Mung Bean & Coconut Curry Stew

Ingredients

- 4 Tbsp Olive Oil
- 2 cups Assorted Vegetables (chopped)
- 1 Tbsp Cumin
- 3 Tbsp Garlic (minced)
- 1 can Low Sodium Diced Tomatoes
- 2 Tbsp Ginger (freshly grated)
- 2 tsp ground Coriander
- 1 tsp Turmeric
- 2 tsp Himalayan Pink Salt
- 1 tsp Cayenne Pepper
- 4 cups Low Sodium Vegetable Broth
- 1 cup Mung Beans (checked for stones and well rinsed)
- 1 can light Coconut Milk
- juice of 1 Lime
- 1/4 cup chopped Basil

Instructions

1. In a large pot heat the cooking oil over medium-high heat.
2. Add garlic, and sauté for 1-2 minutes until it has browned, careful not to burn.
3. Add veggies and cook until soft 3-4 minutes.
4. Add the crushed tomatoes and stir to combine, then add ginger, coriander, turmeric, salt, and cayenne.
5. Sauté this mixture for 5 minutes, stir frequently.
6. Add the broth and mung beans. Increase the heat to high and bring to a boil, then reduce to low, cover, and simmer for 30 minutes, stirring occasionally.
7. Taste a few mung beans to make sure they are cooked. Once cooked to your liking, stir in the coconut milk, and increase the heat to medium-high.
8. When the curry comes to the boil turn off the heat.
9. Stir in the basil and the lime juice.

Serve hot & enjoy!