



The Welcome Centre

food bank and more...



Vegetable Curry

Preparation time 10 minutes. - Cooking time 20 minutes

Ingredients

- 1 x tin of tomatoes
- 2 x teaspoons of curry powder (or to taste)
- 2 x teaspoon of chilli powder (or to taste)
- 1 x tin kidney beans or baked beans
- 1 x tin of chickpeas (or broad beans)
- 1 x cup of rice

(Dried beans or chickpeas could be used instead of tinned)

Method

- 1) Put the rice in a pan with 2 cups of water to boil.
- 2) Put the tomatoes, beans and other vegetables in a pan.
- 3) Stir in the curry and chilli powder and heat through.
- 4) Heat gently and leave to simmer for a few minutes until the stew thickens.
- 5) Drain the boiled rice and then serve together.