



Black Eyed Beans Curry

MAIN MEALS

The recipe serves 12-14 adults. I use this recipe when I'm doing batch cooking to store in the freezer. If you would like to make enough for 6-7 people halve the measurement provided below. As an accompaniment, especially if you're gluten-free, check out my recipe for Red Rice Rotis on my youtube channel and website.

Ingredients:

- Dried Black Eyed Beans, 1 kg (2.2 pounds)
- Cumin powder, 1.5 tablespoons
- Coriander powder, 2 tablespoons
- Turmeric powder, 1.5 tablespoons
- Chilli flakes, 1 tsp (mild) add according to your taste
- Red onion, large
- Ginger (fresh - 2-inch piece with skin removed)
- Garlic, 10 small/medium-sized cloves
- Curry leaves - 12 fresh leaves/15 dried leaves
- Salt to taste
- Water - a total of 2.6 litres (5.5 pints), 1.1 litres(2.3 pints) to soak the beans and the further 1.5 litres(3.2 pints) to cook the beans in your pressure cooker.

Method:

Soak your dried black eyed beans in 1.1 litres (2.3 pints) of water - It's best to soak your beans, preferably overnight - this helps the beans to cook faster and have a more consistent texture.

Rinse your soaked beans in water, this removes any grit and impurities that may be present from the harvesting and packing process.

Roughly chop your onions and grate your garlic and ginger into a paste. Drain your beans and add to your pressure cooker, along with all your other ingredients, mix well to coat the beans then add your water.

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If using a Crock-Pot Express cook on the Beans/Chilli option add an additional 10 minutes for a more tender result. Otherwise use the cooking device based on the instructions provided.

Serve with roti or rice.

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A banner image showing a wooden bowl, a bunch of asparagus, and other fresh ingredients on a wooden surface. The text "FOODFAMILYWELLNESS.COM" is overlaid in white, bold, sans-serif font on a dark rectangular background.

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