



Coconut Curry with Greens

Serves: 8 cups

Active time: 30 minutes

Total time: 30 minutes

Ingredients

- 1 small onion, chopped
- 2-3 cloves garlic, crushed, minced
- 1-inch piece of fresh ginger, grated or chopped fine
- 1 teaspoon salt
- 1-2 teaspoons Curry powder
- 1 medium sliced carrot
- 2 cups fresh greens (spinach, kale)
- 2 cups cooked or canned garbanzos or black beans or lentils
- 14-ounce can petite diced tomatoes, drained
- 1 can coconut milk
- 1 cup raisins (optional)



Directions

- Place onion, garlic, ginger, seasonings, and about $\frac{1}{4}$ cup water in a medium-sized kettle. Cover and simmer for 3 minutes.
- Add the sliced carrot; cover and simmer for 5 more minutes.
- Add the chopped greens and simmer 3 more minutes, adding a little more water if needed.
- Add beans or lentils, tomatoes, curry powder, milk, and raisins. Heat and serve over rice.

Note: If thicker curry is desired, place $\frac{1}{2}$ cups of the curry in the blender and blend a few seconds to make a puree. Stir into the pot or curry and heat.