Baby Lima Beans Curry



Lima Beans are tasty and a healthy legume. They are good source of cholesterol-lowering fiber and protein. Curry is perfect for lunch or dinner. This brilliant curry goes well with rice or chapathi.

Ingredients

3/4 Cup of Frozen Baby Lima Beans
1 Chopped Large Onion
1 Chopped Large Tomato
2 Tsp of Coriander Powder
1/4 – 1/2 Tsp of Turmeric Powder
1/2 Tsp of Chilly Powder
1/2 Tsp of Cumin Powder
1/2 Tsp of Garam Masala
Few Cilantro or Coriander leaves

Salt as needed

To Grind

2 Garlic Cloves
3 Tbsp of Grated Coconut
2 Green Chillies

To Temper

1 Tbsp of Oil
1 Tsp of Fennel Seeds
Few Curry Leaves

Method



- In a blender, add ” To Grind ” ingredients, grind to a fine paste.
- Heat oil in a pan/cooker. Test the oil by adding one fennel seed; if seed crackles then your oil is ready.Add fennel seeds and curry leaves.
- Add chopped onion and salt, fry for 1-2 mins until onion turns golden brown.
- Add ground paste, saute well until raw smell vanishes.

- Add coriander powder, turmeric powder and red chilly powder, saute well for a min.
- Add chopped tomato, cook for 2-3 mins until oil separates.
- Add lima beans, garam masala and cumin powder. Mix well with masala. Add enough water and check the salt. Close it with a cooker lid and cook for 3 whistles. Switch off the stove. Finally garnish with cilantro leaves.
- Hot Lima beans curry is ready to serve.

Tips

- Serve with chapathi or stuffed paratha.
- You can add ginger garlic paste instead of garlic cloves.
- You can also add peas or carrot to this recipe.
- You can add lemon juice at the end for more tangibleness.

Health Benefits of Lima Beans

- Good source of cholesterol-lowering fiber
- Rich in iron, which provides cell growth in your body.
- Rich in Protein and carbohydrates.


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