

Beans Mushroom Stir Fry With Coconut Milk / Beans Mushroom Poriyal



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Beans mushroom poriyal / stir fry is very easy to make side dish with very simple ingredients. This dish is a combination of green beans and mushroom. Both are rich in protein and other vital nutrients which are very good for our health. Here I added coconut milk to the veggies which adds a nice taste to the dish. This can be served with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).

Ingredients

1 Cup of Chopped Green Beans
1/2 Cup of Sliced & Chopped Mushroom, I used Baby Bella Mushroom
2 Tbsp of Chopped Red Onion
1 Finely Chopped Big Garlic Clove / 1/2 Tsp of Garlic Powder
1 Heaping Tsp of [Sambhar Powder](#)
1 Tbsp of Thick Coconut Milk
1/4 Tsp of Garam Masala
Salt as needed

To Temper

2 Tsp of Oil / Butter
1 Tsp of Mustard
1/2 Tsp of Urad Dal
5 Curry Leaves

Method

- Wash and chop the beans and mushroom.
- Heat a pan with oil / butter, add mustard seeds, urad dal and curry leaves, after mustard seeds splutters, add chopped red onion and garlic / garlic powder, saute this for 2 mins until onion turns golden brown.
- Add chopped beans, mushroom and salt , fry this for a min. Add sambhar powder and garam masala, fry this for a min, sprinkle some water, cover and cook it for 5 mins in a medium-high flame or until the vegetables turns soft. Open the pan, add coconut milk, mix well with vegetables, cook for another 2 mins and turn off the flame.
- Serve hot with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).

Beans Mushroom Poriyal



Tips

- If you don't have coconut milk, instead you can use cow's milk.
- If you don't have sambhar powder, use 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
- If you don't have any masala, just use salt, pepper and garlic powder.

Health Benefits of Green Beans and Mushroom

Green Beans

- Rich source of dietary fiber, folates, vitamin B6 and vitamin A.
- Rich in anti-oxidant, protein and good for

cardiovascular system.

- They are good immune booster.

Mushroom

- Good for weight loss.
- Antioxidant and anti-inflammatory properties.
- Good for immune function and cardiovascular benefits.
- Mushroom are low in calories, cholesterol free and rich in vitamin D and selenium



Tags : [Stirfry](#), [stirfryrecipe](#), [poriyal](#), [poriyalrecipe](#), [beansporiyal](#), [beansmushroomporiyal](#), [beansmushroomstirfry](#), [beansfry](#), [vegetablefry](#), [mushroomfry](#), [beansstirfry](#), [mushroomstirfry](#), [sidedishforrice](#), [Indiansidedish](#), [beanssubji](#), [mushroomsbjisidedishforchapathi](#), [Beanswithcoconutmilk](#)

PULICHA KEERAI THUVAIYAL | GONGURA CHUTNEY | SORREL LEAVES CHUTNEY



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Pulichcha Keerai Thuvaiyal / Gongura chutney is a popular Andhra dish. Gongura leaves are sour in taste and high in vitamins, minerals and anti-oxidants. This is my mom's recipe. Gongura chutney tastes great with white rice, idly and dosa. The tangyness of pulichakeerai thogaiyal compliments well with curd rice.

Ingredients

2.5 Cups of Gongura Leaves / Pulicha Keerai / Sorrel Leaves
(Tightly Packed)
Salt to Taste

To Saute

1 Tbsp of Coriander Seeds
1 Tsp of Whole Cumin
7 Red Chillies, Big
1/2 Tsp of Fenugreek
6 Garlic Cloves, Big

To Temper

1-2 Tbsp of Gingelly Oil / Nallennai
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
Pinch of Hing

Method



- Remove the gongura leaves from the stem, wash it in tap water and keep this aside.
- Heat oil in a pan and roast all the ingredients listed

under " To Saute" list, fry for 2-3 mins in a medium flame till color changes and aroma comes. Turn off the flame. Let it cool for 5 mins.

- In the same pan, add gongura leaves, saute this for few mins until leaves shrinks and color changes. Turn off the flame. Let them cool down for 5 mins.
- In a blender, add the roasted spices, grind it to a coarse powder. To the blender, now add sauted gongura leaves and salt, grind it to a smooth paste.
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal and hing, when it splutters, add the ground paste, saute well for 2 mins and turn off the flame.
- Gongura chutney / pulichakeerai thugayal is ready to be served with hot white rice. Also it is excellent combination with curd rice.



Tips

- It stays good in refrigerator for a week.
- Adjust the amount of red chillies according to your taste.
- You can use green chillies instead of red chillies.
- Adding gingelly oil increases the taste.
- Don't add water while grinding.

Health Benefits of Gongura Leaves

- It has a excellent source of vitamin A, B9 and C.
- Being rich in oxalic acid, they are not a good choice of people who suffers from rheumatism and kidney stones.
- Powerful laxative properties.
- Low in calories and high in anti-oxidants and fibers.
- It strengthens the functioning of heart and livers.



BUTTER BEANS DRY CURRY WITH
COCONUT | BUTTER BEANS
PORIYAL



Butter Beans Dry Curry

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Butter Beans are legume, they are flat and slightly curved in shape. But they are different from lima beans. You can make lot of dishes from butter beans like butter beans soup, rice and gravy for chapathi. They are very good for our body with lots of vitamin A, C and protein. Here I have used frozen beans which comes in handy on a busy cooking days. If you get dry beans, you need to soak it for overnight and pressure cook on next day. I got this recipe from [here](#). This dish is very flavorful and great in taste. It goes well with [rasam rice](#) or curd rice.

Butter Beans Curry



Ingredients

2/3 Cup of Butter Beans, Frozen
1 Red Onion, Finely Chopped
1/4 Tsp of Turmeric Powder
Salt to Taste

To Grind

2 Tbsp of Coconut
1/2 Tbsp of Coriander Seeds
3 Dried Red Chillies, Big
1 Tsp of Whole Black Pepper
1 Garlic Clove

1/2 Tsp of Jeera / Whole Cumin

To Temper

2 Tsp of Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
Few Curry Leaves

Method

- In a pan, add butter beans, water and salt, cook for 10 mins in a medium high flame.
- Grind the ingredients listed under “To Grind List” to a fine powder.
- Heat oil in a pan, add mustard seeds, urad dal and curry leaves, when they pops up, add chopped onion, fry for 2 mins until they turn golden brown.
- Add the cooked butter beans, salt and turmeric, fry for another 2 mins.
- Add the ground powder, mix well, sprinkle some water, cover it, simmer it and cook it for 5 mins. Open it, stir well, once it done, turn off the flame.
- Hot butter beans curry is ready. It goes well with [rasam rice](#) or curd rice.

Butter Beans Poriyal



Tips

- Here I used frozen butter beans, if you have dry one, then you need to soak it for overnight, next day, pressure cook it for 10 whistles and then follow the recipe.
- Adjust the number of red chillies according to your taste.

Health Benefits of Butter Beans

- Good source of protein and has all essential amino acids.
- Rich in antioxidants called anthocyanin.
- Good source of fiber.
- Iron present in the beans helps in the regulation of

respiration at the cellular level.

- Rich in folic acids, trace mineral like copper, which helps in reducing the inflammatory conditions like RA(Rheumatoid Arthritis) and molybdenum helps in the detoxification of sulfites from the blood.

