



Spicy Tomato Green Bean Curry

Ingredients:

2 tsp oil or ghee

1-2 tsp Kerala Chaunk

2 medium tomatoes, diced

1-2 cloves garlic, minced

½ lb green beans, trimmed and cut into 2" pieces

Salt to taste

Instructions:

1 - Heat oil in small sauté pan, add Kerala Chaunk and cook until the mustard seeds begin to sizzle (1-2 minutes).

2 - Add garlic, sauté 2 minutes.

3 - Add diced tomatoes, cook a few minutes.

4 - Add green beans and salt and toss well. Cover and let steam for about 5 minutes or until beans are fork tender. Adjust seasoning and serve.

Spices Used: Kerala Chaunk

Prep Time: 5 mins

Cook Time: 10 mins