



Kidney Bean Stew with Sweet Potatoes and Oranges

Indian spiced vegetarian stew

Yield: 4

| | | | |
|--------|-----------------------------|-----------|---------------------------------------|
| 2 tbsp | Olive Oil | 1/2 tsp | Kosher Salt |
| 2 | Whole Bay Leaves | 1 tbsp | Tamarind Paste |
| 2 tbsp | Ginger Root, Fresh, Minced | 1-1/2 cup | Crushed Tomatoes, No Added Salt |
| 2 tbsp | Minced Garlic Cloves, Fresh | 2 cup | Sweet Potatoes, Peeled and Diced |
| 2 tbsp | Cumin Seed | 1 cup | Water |
| 1 tbsp | Garam Masala | 1-1/2 cup | Kidney Beans, Canned, Drained, Rinsed |
| 1 tsp | Fenugreek Seeds | 2 | Oranges, Peeled and Diced |
| 1 tsp | Oregano, Dried, Crumbled | | |
| 1 tsp | Whole Rosemary, Dried | | |
| 1 tsp | Turmeric | | |



Place the oil in a pot over medium-high heat. Add the ginger and garlic and cook for 2 minutes. Add the bay leaves, cumin seeds, garam masala, fenugreek seeds, oregano, rosemary, and turmeric, and cook, stirring for about 2 minutes. Add the tamarind paste, tomatoes, sweet potatoes, and water and bring to a boil. Reduce the heat and simmer until the potatoes are tender, about 15 minutes. Add the kidney beans and oranges and cook for 2 minutes to heat through. Turn the heat off, cover with a lid and let sit for 10 minutes. Remove the bay leaves and serve.

Chef's Note: Serve with steamed basmati rice.

| Calories (kcal) | Protein (g) | Carbohydrate (g) | Total Fat (g) | Cholesterol (mg) | Sodium (mg) | Sat Fat (g) | % Cal Fat |
|-----------------|-------------|------------------|---------------|------------------|-------------|-------------|-----------|
| 286.8 | 9.3 | 46.7 | 8.8 | 0 | 476.9 | 1.4 | 26.2 |