

## RED KIDNEY BEAN CURRY

Serves 4

1 Tbsp butter  
2 Tbsp vegetable oil  
1 onion, finely chopped  
½ tsp ground cinnamon  
2 dried bay leaves  
3 garlic cloves, crushed  
1 inch fresh ginger, finely chopped/grated  
½ tsp. ground turmeric  
1 tsp ground coriander  
1 tsp ground cumin  
1 tsp garam masala  
½ tsp chili pepper flakes  
1 14-oz can red kidney beans, drained & rinsed  
3-4 Tbsp tomato paste  
Water  
Salt & Pepper

In a large, heavy-bottomed pot, heat butter and oil. Add onions, cinnamon, bay leaves, garlic and ginger; and stir fry for 4 to 5 minutes. Stir in turmeric, coriander, cumin, garam masala and chili pepper flakes.

Add the beans, tomato paste and a few tablespoons of water to make a thick sauce. Bring to a boil and cook 4-5 minutes, stirring often.

Season well and serve.