DietCloud – Recipe

Recipe Name: DOUBLE BEAN CURRY

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

A hearty, aromatic Double Bean Curry featuring creamy lima beans and tender chickpeas, along with soft potatoes, all simmered in a rich, spiced tomato and onion gravy. This comforting and flavorful dish offers a delightful plant-based meal, often served warm with rice or flatbread. Its vibrant color and generous texture make it an inviting culinary experience.
[PROS]
- High in dietary fiber, promoting digestive health.
- Excellent source of plant-based protein for muscle maintenance and satiety.
- Rich in essential vitamins and minerals like iron, folate, and magnesium.
- Low in saturated fat and cholesterol-free, supporting cardiovascular health.
- Complex carbohydrates provide sustained energy release.
[CONS]
- Can be high in sodium if canned beans or processed curry pastes are used excessively.
- May cause gas or bloating for some individuals due to high fiber content, especially if not accustomed to legumes.
- Calorie content can vary significantly based on the amount of oil used during preparation.
[DIETITIAN REVIEW]
This Double Bean Curry is a highly nutritious and well-balanced meal, leveraging the power of legumes and vegetables. It delivers a significant dose of fiber and plant protein, making it excellent for satiety and gut health. The spices contribute beneficial antioxidants and anti-inflammatory properties. Score: 8.8/10

Ingredients

Ingredient	Quantity
• Large Lima Beans (canned or pre-cooked)	1/2 cup
• Chickpeas (canned or pre-cooked)	1/4 cup
• Potato	1 small (about 100g), diced
• Onion	1/4 medium, finely chopped
• Tomato	1/2 small, diced
• Garlic	1 clove, minced

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• Ginger	1/2 tsp, grated

- Curry Powder 1 tbsp

- Turmeric Powder 1/4 tsp

- Cumin Powder 1/2 tsp

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- Coriander Powder 1/2 tsp

- Red Chili Powder (optional) 1/4 tsp

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• Salt	to taste

- Water or Vegetable Broth 1/2 cup

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• Cooking Oil (e.g. • coconut or vegetable)	1 tbsp

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• Fresh Coriander Leaves	1 tbsp, chopped (for garnish)

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Preparation

• 1.
• Heat oil in a small pot or pan over medium heat.
• Add chopped onion and sauté until softened and translucent, about 3-5 minutes.
• 2.
• Add minced garlic and grated ginger, cook for 1 minute until fragrant.
• Stir in diced tomato and cook until it breaks down, about 3-4 minutes.
• 3.
• Add curry powder, turmeric, cumin, coriander, and chili powder (if using).
• Sauté the spices for 1 minute, adding a splash of water if needed to prevent burning.
• 4.
• Add diced potato, drained lima beans, and chickpeas to the pot.
• Stir well to coat with the spice mixture.
• 5.
• Pour in water or vegetable broth.
• Bring to a simmer, then reduce heat, cover, and cook for 10-15 minutes, or until potatoes are tender, stirring occasionally.
• 6.
• Season with salt to taste.
• Garnish with fresh coriander leaves before serving warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	10	10