Main dishes / India

white beans and tomato skillet · India

A savoury India-inspired Studio variation with tomato, drained cooked white beans and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked white beans
- ☐ 500 g tomato
- ☐ 180 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

01 Clean the tomato and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the tomato and cook for a few minutes.

03 Add the stock, cover and simmer for 7 minutes until the vegetables are tender.

04 Rinse and drain the drained cooked white beans, then heat until piping hot throughout.

05 Combine the cooked main ingredient with the vegetables. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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