



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Kenyan Beans and Rice

From Plant to Plate Cook book Diabetes Edition Tami Givens R.D.

INGREDIENTS:

- 4 cups cooked brown basmati rice
- 1/4 cup vegetable broth
- 1 clove garlic, minced
- 1 small onion, chopped
- 2–3 teaspoons curry powder
- 1 (28 ounce) can diced tomatoes, juice reserved
- 2 (15 ounce) cans kidney beans, drained
- 1 (13.5 ounce) can light coconut milk
- Salt, to taste

DIRECTIONS:

- Cook the basmati rice according to package instructions.
- In a pot over medium heat, sauté garlic and onions in vegetable broth until onions are translucent. Add more water or broth if needed.
- Add 2 teaspoons curry powder and stir.
- Add tomatoes with juice and simmer for about 10 minutes.
- Add the coconut milk and simmer for 10 minutes.
- Taste the mixture and add more curry powder to your liking.
- Add the kidney beans.
- Cover and simmer for 15–20 minutes.
- Salt to taste, then serve over rice.



