

Ambullo with kale

Serves: 4



Ingredients

1 cup red dried beans, sorted, rinsed and soaked overnight or at least 8 hours
1/8 teaspoon salt, divided
2 teaspoons canola oil
1 medium onion, chopped
1/2 teaspoon curry powder
2 garlic cloves, minced
2 medium tomatoes, chopped
1/2 teaspoon chili powder
1 bunch kale, roughly chopped

Preparation

Put beans in a large pot. Cover with water and add a pinch of salt. Bring to a boil and simmer until the beans are soft, about 2-4 hours.

Heat oil in a large pan. Add chopped onion and sauté until light brown. Stir in curry powder and garlic. Cook for 2 minutes.

Add tomatoes. Cover and cook until tomatoes are mushy. Add chili powder and remaining salt. Mix well and cook for 1 minute. Add chopped kale. Cover and let the kale wilt.

Add cooked beans with 1/2 cup water. Cover and cook until the sauce reaches the desired consistency.

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Nutrition

Per serving: 210 calories; 3g fat (0g saturated, 0g trans); 0mg cholesterol; 320mg sodium, 35g carbohydrates; 13g fiber; 4g sugar; 12g protein.



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