

Black Eye Bean Curry

Chawli Usal



- ½ cup black eye beans, sprouted if possible
 - 2 cups water
 - 1 tsp oil
 - ½ tsp mustard seeds
 - ½ tsp cumin seeds
 - ¼ tsp asafoetida
 - 1 tsp grated ginger
 - 5-6 curry leaves
 - ¼ tsp turmeric
 - ½ tsp coriander powder
 - 2 tomatoes - chopped
 - 1-2 tbs. roasted peanut powder
 - Fresh coriander leaves
 - Fresh coconut -grated
 - Sugar and salt to taste
1. Soak the beans in water for 6-8 hours or overnight. Cook the beans in a pressure cooker or boil in a pot.
 2. Heat the oil and add the mustard seeds. When they pop add the cumin seeds, asafoetida, ginger, curry leaves, turmeric and coriander powder.
 3. Add roasted peanut powder and tomatoes.
 4. Add the beans and water. Continue stirring occasionally until thoroughly cooked. Add more water if necessary.
 5. Add sugar and salt to taste, garnish with coriander leaves and coconut.