

Winter Curry

1/3 cup mung beans
2/3 cup brown rice
1 medium onion - chopped
1½ Tbsp oil
3 cups root vegetables – cubed (pick your favorites carrots, turnips, celeriac, rutabaga, etc.)
3 cups cabbage or 4 cups kale- chopped
1 cup mushrooms – chopped (optional)
1 pint canned tomatoes – diced
2 cups chick peas - cooked
4 tsp curry powder (use more or less depending on your taste)
1 tsp salt

- Bring 1 ¾ cups water to a boil then add mung beans and brown rice and simmer covered for 25 minutes. Turn off burner and let stand for 15 more minutes without lifting pot lid.
- While beans and rice cook. Heat oil in a large covered saute pan or casserole.
- Saute onion for 5 minutes.
- Add roots and saute for another 2 minutes.
- Add salt and curry powder and stir for 30 seconds.
- Add cabbage or kale and mushrooms if using and saute for another 2 minutes.
- Add tomatoes and simmer covered for 10 minutes.
- Add chick peas and simmer for about 5 minutes or until vegetables can be pierced with a fork but are not mushy.
- Serve with vegetables over the rice and beans.



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