

Recipe

BEANS WITH TOMATO YOGURT SAUCE

By

Bhaktivedanta Hospital – Diet department



Ingredients

French beans.....	20-25
Ginger.....	1 inch piece
Red chilies whole.....	2
Skimmed milk yogurt.....	1 ½ cups
Maize flour (<i>makki atta</i>).....	1 tbsp
Tomatoes.....	3 medium sized
Oil.....	2 tsp
Salt.....	To taste

Preparation

1. String French beans, wash and cut into three-inch long pieces. Blanch in salted boiling water until cooked. Strain, (reserve the water to use as stock) refresh in cold water and let drain.
2. Slit cooked beans into two.
3. Peel, wash and grind ginger. Remove stems and crush whole red chilies.
4. Blend together skimmed milk yogurt and maize flour.
5. Wash tomatoes, make a cross with a knife and blanch in two cups of boiling water for fifteen seconds. De-skin, deseed and chop finely.
6. Heat oil in a non-stick pan.
7. Add ginger paste. Sauté for half a minute.
8. Add tomatoes and continue to cook for two to three minutes.
9. Reduce heat, add blended yogurt, salt to taste and stir continuously.
10. Warm the cooked bean bundles just before serving by briefly dipping them in boiling hot water or stock. Top with the prepared yogurt sauce.
11. Sprinkle with crushed red chilies and serve hot.

For further details please contact

vaidehi_nawathe@sify.com, indrayani.h@gmail.com

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**