



### Spring Recipe III

#### Potato, Chickpea & Spinach Curry with Brown Jasmine Rice

Makes 4 to 6 servings or 6 cups

*This recipe includes the **Master Beans Cooking recipe**.*

##### *Chickpeas:*

Makes about 3 cups beans and 1 1/3 cups broth

- 1 cup chickpeas/garbanzo beans
- 6 cups water (3 cups to soak, 3 cups to cook)
- 1 bay leaf
- 3-inch piece kombu seaweed

##### *Brown Jasmine Rice:*

Makes 3 1/2 cups

- 1 cup brown jasmine rice
- 2 cups water to soak plus fresh water to cook
- 3-inch piece kombu seaweed
- ¼ teaspoon sea salt

##### *Potato, Chickpea & Spinach Curry:*

Makes 6 cups

- 2 quarts water
- 1 large tomato
- ½ pound spinach, 9 or 10 cups, gently packed
- 1 tablespoon sesame oil
- 1 teaspoon mustard seeds
- 1 onion, diced
- 1 large clove garlic, pressed
- 1 potato, peeled and diced
- 1 teaspoon sea salt
- 1 tablespoon curry powder
- 2 cups cooked chickpeas and ½ cup chickpea cooking broth
- 1 tablespoon ginger, peeled and grated small
- 2 green onions, chopped for garnish

1. Place beans on white plate to check for debris. Rinse and drain beans and transfer to pressure cooker or pot with water. Bring to boil, turn heat off and soak beans 8 to 12 hours (overnight or all day). Drain.

2. Add fresh water and bring to boil. Allow to boil uncovered for 5 minutes, skimming off and discarding any froth that may appear. Add bay leaf and kombu, cover, and bring to pressure or boil (with pot cooking). Turn heat low to cook beans until tender, but not mushy, 40 minutes under pressure, or 2 to 3 hours in a pot, adding water as needed.

3. To prepare rice, soak in measured amount of water for at least one hour, preferably 8 hours. Measure soak water that remains and discard soak water. Bring the same amount of fresh water



to boil in a 2-quart pot. Add rice, kombu and salt and cook until done, about 45 minutes.

4. To cook curry, bring 2 quarts water to boil in a 3-quart pot. Add tomato and cook until skin splits, for a minute or two. Transfer to bowl or cutting board. When boiling resumes, add spinach to cook for 1 minute. Drain and transfer spinach to cutting board. Peel tomato and dice both tomato and spinach. Retain tomato juices.

5. Transfer pressure cooker to sink and run cool water over the top until pressure is released, in a few seconds. Open and taste beans to determine whether or not they are done, to your liking and purpose (firmer for salads, softer for soups). If not, simply return to pressure for 5 or 10 minutes more.

6. In a large skillet, heat oil and add mustard seeds. Stir to cook until they start popping. Add onion, garlic, potato and salt and stir. Cover to cook until onion is tender, 5 minutes. Add curry powder with ½ cup of the bean broth. Stir and cover to cook until potato is tender, 10 to 15 minutes. Stir in 2 cups cooked chickpeas, tomato, spinach and ginger. Heat through to serve over hot rice. Garnish with green onions.

For 6 servings, per serving:

Calories: 327 Protein: 12gm Saturated Fat: 0.7gm Fiber: 10gm Carbohydrates: 57gm Fat: 5gm

Cholesterol: 0 Sodium: 394mg

Calories from Protein: 15% Calories from Fats: 15% Calories from Carbohydrates: 70%