

Coconut Curry Beans

By Chef Jojo Ndege in partnership with Osseo Area Schools Food and Nutrition Department

YIELD 6 servings

TIME 50 minutes

INGREDIENTS

¼ cup chopped green onions
¼ cup chopped red onions
½ tsp olive oil
1 lb canned kidney beans
½ cup coconut milk
½ tsp ground fennel
½ tsp curry powder
¼ tsp salt
¼ tsp red pepper
1 ½ cups vegetable oil
½ tsp basil leaf, dried
1 tablespoon cilantro, chopped, fresh

PREPARATION

Step 1

Preheat oven to 350 degrees F.

Step 2

Combine green and red onions, toss with vegetable oil, and roast in oven for 10 minutes.

Step 3

Thoroughly drain and rinse beans before use.

Step 4

Combine beans, onions, coconut milk, fennel, curry powder, salt, red pepper, and vegetable oil, and cook uncovered in a preheated oven until beans are bubbling around the sides of the dish and heated to 165 degrees (about 20-25 minutes).

Step 5

Remove from oven. Let sit for at least 10 minutes. Garnish with fresh chopped cilantro.