



<https://www.liveeatlearn.com/coconut-kidney-bean-curry/#wprm-recipe-container-20490>

Coconut Kidney Bean Curry (15 Minute Recipe)

By: [Sarah Bond](#)



1x 2x 3x

Ingredients

- ☐ 1 Tbsp vegetable oil, 15 mL
- ☐ 1 medium white onion, diced
- ☐ 2 cloves garlic, minced
- ☐ 2 Tbsp fresh grated ginger
- ☐ 1 Tbsp [garam masala](#)
- ☐ 1 15-oz can crushed tomatoes, 425 g
- ☐ 1 13-oz can coconut milk, 400 g
- ☐ 1 15-oz can kidney beans, drained, 425 g
- ☐ 2 tsp soy sauce, 10 mL
- ☐ ½ tsp salt, optional
- ☐ To serve: white rice, cilantro, crushed red pepper flakes, lime juice

Instructions

- 1 Prep:** If serving with rice, prepare rice.
- 2 Flavor Makers:** Heat oil in a large pot over medium/high. Add onion, garlic, ginger, and garam masala. Cook until onion softens, 3 to 5 minutes.
- 3 Filler Uppers:** Add crushed tomatoes, coconut milk, kidney beans, and soy sauce, then bring to a gentle simmer. Let cook for 10 minutes to let flavors blend together. Taste and add salt as needed to intensify flavors.
- 4 Serve:** Ladle curry over warm rice. Top with fresh cilantro, a pinch of crushed red pepper, and a squeeze of lime juice.