



Beans carrot sabji (LV)

Serving: 1

Veg

Ingredients

- -1 tsp cumin seeds (jeera)
- - $\frac{1}{4}$ cup chopped onions
- -1 tsp chilli powder
- - $\frac{1}{2}$ tsp turmeric powder (haldi)
- - $\frac{1}{2}$ tsp garam masala
- - $\frac{1}{2}$ cup chopped french beans
- - $\frac{1}{4}$ cup carrot chopped
- -salt to taste
- -1 tbsp roasted and coarsely crushed peanuts

Preparation Method

- -Heat a non-stick kadhai on a medium flame and when hot, add the cumin seeds and onions and dry roast till the onions turn golden brown.
- -Lower the flame, add the chilli powder, turmeric powder, garam masala and cook while stirring continuously for 1 minute. Sprinkle a little water if the masalas start burning.
- -Add the french beans, carrot, $\frac{1}{4}$ cup of water and salt, close the lid and cook till the vegetables are tender.
- -Add the peanuts, mix well and continue cooking for 2 more minutes.
- -Serve hot.