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## Spicy Beans with Coconut Milk



The reader enjoys this dish spicy and tangy, but feel free to adjust the curry paste and lime juice to your liking. Spicy beans with coconut milk is an excellent source of fiber--you need at least 25 grams per day.

**Prep:** 20 mins

**Cook:** 37 mins

**Total:** 57 mins

**Yield:** Makes 6 servings



## Ingredients

1 sweet onion, chopped  
Vegetable cooking spray  
2 garlic cloves, minced  
1 to 2 tablespoons red curry paste  
2 (15-ounce) cans kidney beans, rinsed and drained  
1 (14.5-ounce) can diced tomatoes, undrained  
1 (13.5-ounce) can lite coconut milk  
1 teaspoon grated lime rind  
2 to 3 tablespoons fresh lime juice  
2 tablespoons sugar  
1 to 1 1/2 teaspoons salt  
4 cups hot cooked basmati or long-grain rice  
Toppings: 2 green onions, chopped; 2 tablespoons chopped fresh cilantro (optional)

## Directions

### Step 1

Sauté chopped onion in a Dutch oven coated with cooking spray over medium-high heat 5 minutes; add garlic, and sauté 1 minute. Add red curry paste; sauté 1 minute. Stir in kidney beans, diced tomatoes, coconut milk, and next 4 ingredients. Bring to a boil; reduce heat, and simmer 30 minutes. Serve over basmati rice, and sprinkle with toppings, if desired.

### Step 2

Note: Red curry paste may be found in the Asian section of large supermarkets or in Asian markets.

## Nutrition Facts

**Per Serving:** 335 calories; calories from fat 11%; fat 4.2g; saturated fat 2.2g; mono fat 0.2g; poly fat 0.1g; protein 11g; carbohydrates 64g; fiber 11g; iron 2.3mg; sodium 495mg; calcium 40mg.

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Printed from <https://www.myrecipes.com> 03/18/2022