



## *Red Bean and Cauliflower Curry over Basmati Rice*

Tempt customers with Bush's Best® Low Sodium Dark Red Kidney Beans in a gluten-free Indian dish. Spice up cauliflower florets with cumin, turmeric and ginger, served over basmati rice and drizzled with yogurt.

**YIELDS:** ABOUT 14 | **SERVING SIZE:** 1½ CUPS | **PREP TIME:** 10 MINUTES | **COOK TIME:** 30 MINUTES

### INGREDIENTS

Olive oil  
Onion, white, diced  
Ginger, ground  
Green chile, minced  
Garlic cloves, minced  
Roma tomatoes, diced  
Cauliflower head, florets  
Cumin, ground  
Coriander, ground  
Turmeric, ground  
Cayenne, ground  
Tomato sauce, low sodium  
Bush's Best® Low Sodium Dark Red Kidney Beans,  
drained and rinsed  
Basmati rice, prepared  
Yogurt, plain  
Cilantro, garnish

### QUANTITY

2 Tbsp  
2 each  
2 tsp  
2 Tbsp  
8 each  
8 each  
2 each  
2 Tbsp  
2 Tbsp  
2 tsp  
2 tsp  
58 oz  
1, #10 can  
  
21 cups  
¾ cup + 2 Tbsp  
As Needed

1. In a large stock pot, over medium heat, heat oil. Add in onions and ginger. Sauté until translucent. Add in minced garlic and green chile; cook about one minute, and add in tomato, cauliflower, remaining spices, tomato sauce and kidney beans. Allow to cook for 20 to 30 minutes. Taste and adjust seasoning with salt and pepper, as needed.
2. To serve, place 1½ cups of prepared basmati rice in a shallow bowl, top with 1½ cups cauliflower curry mix, garnish with 1 Tbsp drizzled plain yogurt and fresh cilantro leaves.



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Nutrition Facts			
Serving Size 1 1/2 cup portion (684g)			
Servings Per Container 14			
Amount Per Serving			
<b>Calories</b> 670    Calories from Fat 80			
% Daily Value*			
<b>Total Fat</b>	9g		<b>14%</b>
Saturated Fat	0.5g		<b>3%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	570mg		<b>24%</b>
<b>Total Carbohydrate</b>	124g		<b>41%</b>
Dietary Fiber	21g		<b>84%</b>
Sugars	13g		
<b>Protein</b>	28g		
Vitamin A 15%   •   Vitamin C 110%			
Calcium 30%   •   Iron 40%			
*Percent DailyValues are based on a 2,000 calorie diet. Your DailyValues may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	less than	65g	80g
Sat Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g