

# Black Bean and Coconut Curry\*

1 med. Onion, diced  
2 cloves garlic, minced  
1 inch fresh ginger, grated  
1 carrot sliced 1/3-1/2" pieces  
1/2 c. water

**STEAM** in covered skillet five minutes.

1 small zucchini, diced  
1 head of kale, cored & chopped  
1 can black beans, rinse & drain  
1 t. salt  
2 t. curry powder or substitute

**ADD** and simmer three minutes.

**ADD** additional water if needed.

1 14-oz. can coconut milk  
1-2 t. cornstarch (depends on how thick milk is)  
1/3 c. raisins, golden are nice  
1 T. lemon juice

**DISSOLVE** starch in part of milk.

**COMBINE** with remaining ingredients.

**ADD** to vegetables.

**COOK** just until thickened.

**SERVE** over brown Basmati rice.

\*This is a variation of the "Coconut Curry With Greens" recipe in the 7 Secrets Cookbook by Neva Brackett