

# Vegetable & Pinto Bean Curry Soup

## PREP TIME:

20 minutes

## COOKING TIME:

LOW: 8 - 9 hours  
or  
HIGH: 4 hours

## SERVES:

6

replace canned beans  
with 8 oz dried, rinsed  
pinto beans

## INGREDIENTS:

2 x 15oz cans pinto beans, rinsed  
2 tbsp light olive oil  
2 cups / 1 large onion, diced  
2 cups / 2 large carrots, cut into 1cm  
rounds  
2 cups leek, 1 medium diced  
1 cup / 2 medium stalks celery, sliced  
2 tsp / 4 large cloves garlic, minced  
1 tbsp ginger  
2 tbsp tomato paste  
1 x 14oz canned tomatoes  
1 Indian Dal blend  
4 cups vegetable broth  
1 x 12oz can of coconut milk light  
2 sheets of glass noodles, cooked

## PREPARE:

Put the beans into your slow cooker

Heat the olive oil in a skillet over a medium  
heat. Add the onions, carrots, leek and  
celery cook gently for 2 minutes.

Add the onion mixture to the beans in your  
slow cooker and stir in the garlic, ginger,  
tomato paste, canned tomatoes, Indian Dal  
blend, vegetable broth.

Cover and cook on LOW for 8-9 hours or  
HIGH for 4 hours.

Remove the lid and stir in the coconut milk  
and glass noodles

Serve the soup with a generous squeeze of  
lime juice and dress with basil leaves

