



Kenyan Beans & Corn, Githeri

3 servings
20 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 White Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Smoked Paprika
- 1/2 tsp Curry Powder
- 2 Tomato (medium, diced)
- 2 cups Red Kidney Beans (cooked)
- 1 cup Frozen Corn (or canned)
- 1/4 cup Vegetable Broth, Low Sodium
- 3/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	252
Fat	4g
Saturated	1g
Carbs	44g
Fiber	14g
Sugar	4g
Protein	14g
Cholesterol	0mg
Sodium	638mg

Directions

- 1 Heat the oil in a pan over medium heat. Cook the onion until translucent, about five minutes. Stir in the garlic, smoked paprika, and curry powder until fragrant, about one minute.
- 2 Add the tomatoes and cook until soft, about two minutes.
- 3 Add the red kidney beans, corn, broth, and salt. Bring to a simmer and cook for 10 minutes.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one cup.

Additional Toppings: Top with chopped green onion and fresh cilantro.

No Red Kidney Beans: Use black eyed peas instead.