

Green Bean and Tomato Curry

1-1/2 lb. green beans, stems trimmed and cut into 1/2-inch pieces
1-15 oz. can Muir Glen Fire Roasted diced tomatoes
1 medium onion, chopped
1 inch piece of ginger, peeled and grated
1 serrano chile, finely chopped
1-1/2 t. whole cumin seeds
1-1/2 T. ground coriander
1/4 t. cayenne
1-1/2 T. canola oil
sea salt to taste
fresh mint or cilantro for garnish

Preheat a large sauté pan and add oil. On medium heat sauté cumin seeds, onions, ginger and chile for about 3 to 4 minutes or until onions brown slightly.

Add tomatoes, coriander, and cayenne and sauté for 2 additional minutes. Stir in green beans, cover, and simmer on low heat for about 15 minutes or until beans are tender. Garnish with fresh mint or cilantro and serve.