

Half Hour Curry

- 1 large onion
- 1 Tbsp olive oil
- 1 red pepper
- 1 green pepper
- 19 oz can chickpeas or kidney beans drained
- 1 package of red curry paste (Asian Home Gourmet Brand)
- 1 large eggplant (or any vegetables you like)
- 1 400ml can coconut milk
- 3 - 4 large tomatoes or one large can of tomatoes drained
- 2 tsp salt

Slice onion and fry in oil until starting to brown. Add sliced and quartered eggplant and cook until lightly browned. Stir in curry paste thoroughly, then add coconut milk. Add chopped peppers, tomatoes, salt and beans to mixture. Simmer for 30 minutes and serve with fresh coriander if desired. Freezes well! (You can add ground beef, lamb, turkey or tofu to this mixture stir-frying with onions).