



# Curry, Carrot & White Bean Spread



Recipe from *WSU SNAP-Ed*

## Ingredients



- 2 1/4 cups of water
  - 3 to 4 medium carrots, peeled and sliced
  - 1 tbsp. vegetable or olive oil
  - 1/2 cup chopped onion
  - 2 garlic cloves, minced
  - 1 tsp. curry powder
  - 1/2 tsp. ground cumin
  - 1 (15-ounce) can white beans, rinsed and drained
  - 1/4 tsp. salt
- Yield: 6 servings  
Serving Size: 1/4 cup



## Directions



1. Bring 2 cups of water to a boil in a small saucepan. Add carrots and cook until tender (about 5 to 7 minutes). Drain and set aside.
2. Heat oil in a small skillet over medium-high heat. Add onion, garlic, curry powder, and cumin. Cook until onion is tender (about 4 to 5 minutes).
3. Place carrots, onions, beans, and 1/4 cup of water in blender; blend until smooth. Add more water, if necessary, until desired thickness.
4. Transfer to bowl and garnish with cilantro if you please.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Use chickpeas if white beans are not available.
- Serve with vegetables or whole grain crackers.

## Nutrition Facts



### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/4 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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