



Curry, Carrot & White Bean Spread

Prep time: 10 minutes | Cooking time: 15 minutes | Number of servings: 6



- 2 cups water
- 3 to 4 medium carrots, peeled and sliced
- 1 tablespoon vegetable or olive oil
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 teaspoon curry powder
- 1 (15-ounce) can white beans, rinsed and drained
- ¼ teaspoon salt
- Optional** ½ teaspoon ground cumin, chopped cilantro

Directions

1. Bring water to 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, and beans in blender; blend until smooth.
4. Transfer to a bowl and garnish with cilantro if you please.

Food \$ense Tip

- To save time use canned sliced carrots—rinsed and drained—instead of raw carrots.

Nutrition Facts (Serving size ¼ cup): Calories–35; Protein–1g; Carbohydrate–6g; Total Fat–1g; Saturated Fat–0g; Cholesterol–0mg; Fiber–2g; Sodium–55mg; Vitamin C–2%; Vitamin A–50%; Iron–2%; Calcium–2%

*Adapted from the SNAC Program, Seattle-King County Public Health
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes.aspx>*

*Adapted from the SNAC Program, Seattle-King County Public Health
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes.aspx>*

1. Bring water to 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, and beans in blender; blend until smooth.
4. Transfer to a bowl and garnish with cilantro if you please.

Food \$ense Tip

- To save time use canned sliced carrots—rinsed and drained—instead of raw carrots.



Directions

Prep time: 10 minutes | Cooking time: 15 minutes | Number of servings: 6

Curry, Carrot & White Bean Spread

- 2 cups water
- 3 to 4 medium carrots, peeled and sliced
- 1 tablespoon vegetable or olive oil
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 teaspoon curry powder
- 1 (15-ounce) can white beans, rinsed and drained
- ¼ teaspoon salt
- Optional** ½ teaspoon ground cumin, chopped cilantro





Using Herbs and Spices

Why use herbs and spices? Herbs and spices add flavor to foods so not as much salt is needed. Using a variety of herbs and spices creates interest and variety to menus.

Buying herbs and spices

- Buy dried herbs and spices in bulk to save money.
- Share large containers of dried herbs and spices from box stores with friends, neighbors, or family members.
- Herb seed packets can be purchased with SNAP benefits. Share the cost of starting an herbal container garden with neighbors or others. Fresh herbs can grow in pots in a sunny window or on the porch or patio.

Cooking with herbs and spices

- **Ground Spices** Add ground spices after onions are soft. Adding them at this time helps release the smell and flavor of the spices into the heated oil.
- **Dried Herbs** Add dried herbs during cooking. They require time to release their flavor into the recipe.
- **Fresh Herbs** Add fresh herbs that are woody (like thyme, rosemary, oregano) during cooking. Add fresh tender herbs (like sweet basil and cilantro) at the end of cooking.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.

- **Fresh Herbs** Add fresh herbs that are woody (like thyme, rosemary, oregano) during cooking. Add fresh tender herbs (like sweet basil and cilantro) at the end of cooking.

- **Dried Herbs** Add dried herbs during cooking. They require time to release their flavor into the recipe.



- **Ground Spices** Add ground spices after onions are soft. Adding them at this time helps release the smell and flavor of the spices into the heated oil.

Cooking with herbs and spices

- Buy dried herbs and spices in bulk to save money.
- Share large containers of dried herbs and spices from box stores with friends, neighbors, or family members.
- Herb seed packets can be purchased with SNAP benefits. Share the cost of starting an herbal container garden with neighbors or others. Fresh herbs can grow in pots in a sunny window or on the porch or patio.

Buying herbs and spices

Why use herbs and spices? Herbs and spices add flavor to foods so not as much salt is needed. Using a variety of herbs and spices creates interest and variety to menus.

Using Herbs and Spices

