

Black-eyed Beans with Spinach and Tomatoes

4 Tbsp vegetable oil	1 tsp ground coriander
$\frac{1}{2}$ tsp mustard seeds	$\frac{1}{2}$ tsp ground turmeric
2 cloves garlic, pressed	7 oz tomatoes, chopped
10 curry leaves	2 oz spinach, chopped
$\frac{2}{3}$ c chopped onion	4 oz cooked black-eyed beans
2 green chilies, slit lengthwise	salt
$\frac{1}{2}$ tsp chili powder	10 oz plain yogurt

- Heat oil in saucepan and add mustard seeds. When they start to pop, add the garlic, curry leaves and onion. Cook over medium heat until onions are soft.
- Add chilies, chili pwd, coriander, turmeric, and tomatoes. Stir then add spinach. Cook on low 5 minutes
- Add beans with salt to taste. Cook until hot.
- Remove from heat and add yogurt. Remember, yogurt is only good for candida when it's still alive. If you cook it you kill it.