

# Zohrah's Pasta and Qurma

serves 6

*This is a simple Afghani main course that uses canned kidney beans.*

## **Ingredients:**

2 onions  
1/2 cup oil  
1 tsp salt

2 cans of kidney beans (rinsed and drained)  
4 tbsp tomato paste  
2 cups water

1 ¼ cup yogurt - 3 tbsp. per serving  
2 cloves garlic  
1 tsp dry mint

600 g pasta  
2 tbsp. salt  
Large potful of water

Few spoons of heated oil to drizzle on top of each dish

## **Directions:**

For the Qurma:

First, slice the onions and put them in the pot with salt and oil. Saute them until the onions are soft. Second, add the tomato paste to the pot and stir for 1 or 2 minutes. Then, add water with beans and boil for 15-20 minutes.

After you cook the Qurma, make the yogurt sauce. Crush the garlic and add to the dry mint and yogurt. Combine and set aside.

For the pasta:

First, boil the water in a separate pot. Second, add the pasta with 2 tbsp. salt. Cook it as much as you want. I like it very soft .  
At the end drain the pasta.

To serve:

Put about 3 tablespoons of yogurt sauce on each dish. Pile some paste on top of yogurt, then spoon bean Qurma on top. Lastly, heat a little oil in a frying pan and pour a little on top of each dish.

**Enjoy!**



## 10 Health Benefits of... *Kidney Beans*

1. Full of Fibre
2. Reduce Cholesterol
3. Stabilises Blood-Sugar
4. Full of Iron
5. Good for Memory
6. Boost Energy
7. Protein Rich
8. Anti-Oxidant
9. Good for Kidneys
10. Lower Heart-Attack Risk



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