

White bean tikka masala bowl

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

To prepare skewers

- 1 cup canned cannellini beans, drained and rinsed
- 3 tbsp white onions, diced small
- 3/4 tsp garlic cloves, peeled and minced
- 1 1/2 tsp canola oil
- 2 1/4 tsp canned tomato paste
- 3 tbsp plain dry breadcrumbs
- 1/3 tsp kosher salt
- 1/3 tsp ground black pepper
- 2 tsp ground turmeric
- 1 1/2 tsp ground paprika
- 1 tsp ground dried oregano

To cook skewers

- 2 tsp canola oil

For tikka masala

- 4 tsp canola oil
- 1/2 cup white onions, diced small
- 5 tsp garam masala powder
- 1 tsp ground ginger
- 1 tsp ground paprika
- 1 tsp ground turmeric
- 5 tsp canned tomato paste
- 1 1/2 cups canned crushed tomatoes in own juice (do not drain)
- 2 1/3 cups fresh cauliflower florets
- 1 2/3 cups frozen peas and carrots mixture
- 1 cup unsweetened non-dairy soy milk

Service

- 4 cups basmati rice, cooked

Instructions

To prepare skewers

1. In a food processor pulse beans, onions, garlic, oil, tomato paste, bread crumbs, salt, pepper, turmeric, paprika and oregano until combined and flaky but do not over mix into a paste.
2. On a parchment-lined sheet pan, form 2 ounce portions on skewers. Tip – fold 2 ounce portions around the skewers and squeeze tightly to bind. Cover and place in cooler for at least 30 minutes. Skewers can also be stored in freezer until ready for service.

To cook skewers

1. On a flat-top grill, heat oil over medium-high heat. Cook skewers 4 minutes on each side or until dark golden brown (6 minutes per side if cooking from frozen). Skewers can be held in hotel pans in hot box until ready for service. *Alternate cooking method – Heat oven to 400°F. Bake skewers on sheet trays for 20 minutes.

For tikka masala

1. In a stock pot over medium-high, heat oil and cook onions 4 minutes until translucent. Add onions, garam masala, ginger powder, paprika, turmeric and tomato paste, mix well and cook for 5 minutes until thickened.
2. Add tomatoes, cauliflower, peas and carrots, and soy milk and bring to a boil. Let boil 15-20 minutes, stirring frequently. Tikka Masala can be stored in hotel pans in hot box or hot well until ready for service.

For service

1. Portion 1 cup rice in a bowl, top with 1 cup tikka masala and 2 skewers.

Notes

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 19.66oz | Calories: 943kcal | Carbohydrates: 184g | Protein: 26g | Fat: 12g | Saturated Fat: 2g | Sodium: 544mg | Fiber: 16g | Sugar: 8g