

Spicy Indian Bean and Vegetable Snack

A delicious and fiery Indian snack made with beans, carrots, onions, and potatoes, seasoned with soy sauce for an extra kick.



Snack

Indian

25 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 cup beans
- 1 carrot, diced
- 1 onion, finely chopped
- 1 potato, peeled and cubed
- 2 tablespoons soy sauce

Steps

- 1 Heat oil in a pan and sauté the onions until translucent.
- 2 Add the diced carrots and cook for a few minutes until slightly tender.
- 3 Stir in the cubed potatoes and cook until they start to turn golden brown.
- 4 Add the beans and soy sauce to the pan, mix well, and cook for another 5-7 minutes.
- 5 Serve hot as a snack or appetizer.