

Chili Garlic Beans (Majestic Beans) with Whipped Tofu and Onion Salad

Prep: 10 minutes • Cook: 20 minutes

Saucy, punchy chili-ginger-garlic beans layered with heat and curry leaf aroma, balanced by a silky cumin-lime whipped tofu and a bright, spicy onion salad. A bold, high-protein 30-minute dish that's versatile enough for toast, tacos, fries, or baked potatoes.

Ingredients

- 2 teaspoons oil
- 1 cup onion (chopped)
- 2 green chilies (julienned (such as Serrano or Indian chili))
- 1/2 teaspoon salt (divided)
- 12 to 14 curry leaves (chopped (fresh or frozen))
- 1 tablespoon garlic (minced)
- 1 tablespoon ginger (minced)
- 1/2 teaspoon salt (divided)
- 1 1/2 teaspoons Kashmiri chili powder
- 2 teaspoons ground coriander
- 1/2 teaspoon black pepper
- 1/2 to 1 teaspoon garam masala
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon sambal oelek (or other Asian chili garlic sauce)
- 1 tablespoon lime juice
- 1/4 cup non-dairy yogurt
- 15 ounces can or 1 1/2 cups cooked white beans (cannellini, great northern, navy, or other)
- 1 cup water (or stock)
- to taste cilantro (for garnish)
- to taste lime juice (for garnish)
- 14 ounces tofu (firm or extra firm, drained)
- 1 teaspoon ground cumin (preferably roasted)
- 5 to 6 leaves or a handful fresh herbs (mint or curry leaves or basil or cilantro)
- 1/2 teaspoon salt
- 2 tablespoons tahini
- 2 tablespoons lime juice
- zest of 1 lime lime zest

- 2 teaspoons maple syrup
- 1 cup red onion (sliced into rings)
- 1/4 teaspoon Kashmiri chili powder
- dashes salt
- dashes black pepper
- 2 tablespoons lime juice
- 1/2 green chili (minced)
- 1 tablespoon vinegar (optional, for more pickled)

Instructions

1. Make the beans: Heat a large skillet over medium heat and add the oil.
2. Add onion, green chilies, curry leaves, garlic, ginger, and a pinch of the salt. Cook, stirring so the garlic doesn't brown, until the onion starts to turn golden, 7–10 minutes.
3. Add 2 tablespoons water to cool the pan, then stir in Kashmiri chili powder, ground coriander, black pepper, and garam masala.
4. Stir in soy sauce (or tamari), sambal oelek, 1 tablespoon lime juice, and non-dairy yogurt; bring to a boil, about 1 minute.
5. Add beans, 1 cup water (or stock), and remaining salt. Mix well, cover, and simmer about 10 minutes, until the sauce slightly thickens and the beans absorb the flavors. Taste and adjust salt or heat (add cayenne if desired). Turn off heat and garnish with cilantro and a squeeze of lime.
6. Make the whipped tofu cream: In a food processor, combine tofu, ground cumin, herbs (mint/curry leaves/basil/cilantro), salt, tahini, lime juice, lime zest, and maple syrup. Process until very smooth and whipped, adding 1–2 tablespoons water only if needed to get things moving. Taste and adjust seasoning; optionally add a pinch of garam masala or cayenne.
7. Make the onion ring salad: Toss onion rings with minced green chili, salt, Kashmiri chili powder, black pepper, and lime juice. Let sit to lightly pickle; optionally add 1 tablespoon vinegar for a more pickled bite.
8. Serve: Spoon beans over toast, baked or crispy potatoes, in wraps or crispy tacos, or as a dip over a bed of whipped tofu. Top with onion salad and optional sprouts, nuts/seeds, cilantro, or chili crisp.

Tags: Indian Fusion, Vegan, High Protein, Gluten Free Option, Nut-Free, Beans
