This colourful sabzi combines the crunch of green beans and the sweetness of carrots in a humble, grounding preparation. It’s lightly spiced, easy to digest, and deeply nourishing, an ideal daily side dish rooted in traditional Indian home cooking.

What Is Beans & Carrot Sabzi?

A dry South Indian-style stir fry made with finely chopped beans and carrots, tempered with mustard seeds and a hint of coconut. It’s typically part of a satvik thali and pairs beautifully with rice, rasam, or chapati.

How to Make Beans & Carrot Sabzi : The Traditional Way

□ Ingredients:

- 1 cup **finely chopped green beans**
- 1 cup **finely chopped carrots**
- 1 tbsp **cold-pressed coconut oil or ghee**
- ½ tsp **mustard seeds**
- 1 tsp **urad dal** (optional, for crunch – skip if avoiding)
- A few **curry leaves**
- 1–2 **dry red chillies** (whole, or broken for mild heat)
- ¼ tsp **turmeric powder**
- Salt to taste
- 2 tbsp **grated fresh coconut** (optional but recommended)

□ Method:

1. Heat oil/ghee in a kadai. Add mustard seeds and let them splutter.
2. Add urad dal (if using), curry leaves, and red chillies. Sauté briefly.
3. Add the chopped beans and carrots. Mix well.
4. Sprinkle turmeric and salt. Add 2–3 tablespoons of water and cover.
5. Cook on low-medium heat for 8–10 minutes or until vegetables are tender. Stir occasionally.
6. Once cooked, add grated coconut and toss gently.
7. Serve hot with rice, rasam, or chapati.

Ayurvedic Benefits

1. **Beans** support **vata** and are rich in fibre, aiding elimination.
2. **Carrots** are mildly sweet, grounding, and **pitta-pacifying**.
3. **Coconut** is cooling, nourishing, and lubricates the intestinal tract.
4. Minimal spice preserves digestive balance and agni.

Pro Tips from the Indian Kitchen

- Chop vegetables finely for quicker, even cooking.
- Use a **heavy-bottomed pan** to avoid burning or sticking.
- Add grated coconut only at the end to retain its texture and cooling quality.
- Curry leaves enhance flavour and support digestion—don’t skip them.

❤ Why We Love Beans & Carrot Sabzi

- A perfect mix of crunch and sweetness
- Bright, fresh, and comforting
- Supports healthy digestion
- Sattvic and versatile for all ages

Ideal For

- **Lunch or light dinner** with rice & rasam
- **Kids, elderly**, or anyone on a gentle, healing diet
- Sattvic or **festival meals**
- **Tiffin boxes** and everyday home meals

