

# Indian Mixed Beans Curry

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/red-kale-recipe-indian>

## Ingredients:

- 3/4 cup black lentil dried whole, sabut urad dal
- 1/4 cup rajma dried kidney beans
- 1/4 cup chole dried chickpeas
- 1/4 cup kale dried whole Bengal gram, chane
- 1/4 cup dried black-eyed peas lobia
- 1 large red onion
- 6 cloves garlic
- 1/2 teaspoon chopped ginger roughly
- 2 green chilies
- 2 tomatoes medium-sized
- 1/4 cup coriander leaves finely chopped
- 1/2 lime Juice of 1/2 a lime adjust as per taste
- 1/2 teaspoon cumin seeds
- 4 black pepper corns
- 2 cloves
- 1 bay leaf
- 1 stick cinnamon small,
- 1/2 tablespoon coriander powder
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon Garam Masala
- 1/2 teaspoon red chili powder adjust as per taste
- salt as per taste
- 1 tablespoon cooking oil your choice Non-vegans may also use ghee
- 6 cups water

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 24 grams
3. Fat: 4 grams

4. Fiber: 7 grams
  5. Protein: 6 grams
  6. Sodium: 230 milligrams
  7. Sugar: 5 grams
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