

# Mixed Beans Curry

Yield: 5 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-india-with-beans>

## Ingredients:

- rajma Red kidney beans - 1/2 Cup
- 1/2 cup beans Black eyed
- 2 tablespoons oil
- 1/2 teaspoon fennel seeds
- 1 bay leaves
- 1 onion
- 1 tablespoon coriander leaves,(Chopped) + For garnishing, optional
- 1 tablespoon mint leaves
- 1/4 teaspoon turmeric
- asafoetida A large pinch
- 1/2 teaspoon red chili powder
- 1/2 teaspoon coriander powder
- 1/2 jeera powder
- 1/4 nutmeg powder
- 1 teaspoon garam masala
- 1/2 teaspoon salt
- 1 teaspoon methi
- 2 tablespoons cream Fresh ,(Optional)
- 1 teaspoon oil
- 1/2 stick canela
- 3 clove
- 2 cardamom
- 5 garlic cloves
- ginger a small piece
- 1 green chile
- 1 cube onion Medium
- 1 cube tomatoes large

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 250 milligrams
9. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Mixed Beans Curry above. You can see more 20 recipe india with beans Dive into deliciousness! to get more great cooking ideas.