

Kidney Bean Curry

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/kidney-beans-curry-south-indian-recipe>

Ingredients:

- 2 teaspoons cumin seeds
- 2 bay leaves
- 1 teaspoon fenugreek seeds
- 1 medium onion diced
- 2 jalapenos diced, remove the core and seeds to keep the heat down
- 6 cloves garlic peeled and minced
- 1 1/2 inches fresh ginger peeled and minced
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon cayenne pepper optional
- 2 teaspoons Garam Masala
- 4 medium tomatoes diced, about 4 cups
- 2 teaspoons date paste
- sweetener
- 15 ounces kidney beans cans, drained and rinsed
- 2 1/2 cups vegetable broth
- 1/2 lemon
- rice Serve with
- chopped cilantro
- lemon wedges

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 19 grams
3. Fat: 1 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. Sodium: 410 milligrams
7. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Kidney Bean Curry above. You can see more 17 kidney beans curry south indian recipe Unleash your inner chef! to get more great cooking ideas.