

Kashmiri-Style Kidney Beans with Turnips

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-turnip-recipe-indian>

Ingredients:

- 2 turnips peeled and cubed
- 1 cup water
- 1/2 teaspoon salt
- 14 1/2 ounces kidney beans drained
- 3 tablespoons vegetable oil
- 1/2 teaspoon cumin seeds whole
- 1/2 teaspoon fennel seeds whole
- 1 cup red onion finely chopped
- 1/2 teaspoon fresh ginger root minced
- 1/2 teaspoon minced garlic
- 1 cup chopped tomatoes
- 1/2 teaspoon salt
- 1 teaspoon paprika
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon ground ginger
- 2 tablespoons water
- 1/2 teaspoon garam masala Kashmiri

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 15 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 650 milligrams
8. Sugar: 5 grams

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