

Beans mezhugupuratti- kerala style Beans Stir Fry

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-red-chili-beans-recipe>

Ingredients:

- 3 3/8 cups beans
- 1 onion
- 4 red chilies
- 3 pods garlic
- 3 teaspoons cooking oil
- 1 teaspoon mustard seeds
- 1 teaspoon urad dal
- 1 sprig curry leaves

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 25 grams
3. Fat: 7 grams
4. Fiber: 10 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 20 milligrams
8. Sugar: 10 grams

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