

Rajma - Kidney Bean Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-kidney-masala-recipe>

Ingredients:

- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon Garam Masala
- 1/4 teaspoon turmeric powder
- 28 ounces kidney beans
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 2 onions finely chopped
- 1 tablespoon ginger minced
- 6 garlic cloves minced
- 2 tomatoes peeled & chopped
- 2 green chillies finely chopped
- 1 teaspoon salt
- 1 bunch coriander chopped
- 1 tomato chopped

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 27 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 650 milligrams
8. Sugar: 7 grams

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