

# Rajma Quinoa (Indian-style kidney beans)

Yield: 4 min  
Total Time: 37 min

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

## Ingredients:

- 2 cups quinoa uncooked
- 1/4 cup vegetable oil
- 1 onion large, diced
- 3 cloves garlic minced
- 1 1/2 cups tomatoes diced, any kind
- 1 tablespoon chili powder
- 1 teaspoon turmeric
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon ground cayenne pepper
- 1 1/2 teaspoons salt
- 3 cups water
- 42 ounces kidney beans rinsed and drained
- 1/2 cup cilantro chopped

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 78 grams
3. Fat: 23 grams
4. Fiber: 9 grams
5. Protein: 29 grams
6. SaturatedFat: 2 grams
7. Sodium: 950 milligrams
8. Sugar: 3 grams

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