

Punjabi Rajma Masala

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 cup rajma or kidney beans, any variety
- 2 medium tomatoes or tamatar
- 1 onion big ,or pyaaz
- 2 green chilies
- 8 cloves garlic
- 1 inch ginger
- 1 pinch asafoetida hing
- 1 teaspoon cumin seeds
- 1 aniseed star
- 2 cloves
- 2 cardamoms small
- 1 inch cinnamon stick
- 3 curry leaves few
- 1/2 teaspoon red chili powder Kashmiri
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- 1/4 teaspoon mango powder amchur
- 1 tablespoon kasuri methi or dry fenugreek leaves, crushed
- 4 cups water for pressure cooking
- 2 cups stock 1.5 to , the water which is used to cook the rajma or plain water for the gravy or curry
- water plain ,for the gravy or curry
- 2 tablespoons cooking oil
- salt as required

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 49 grams

3. Cholesterol: 5 milligrams
 4. Fat: 9 grams
 5. Fiber: 11 grams
 6. Protein: 18 grams
 7. SaturatedFat: 0.5 grams
 8. Sodium: 400 milligrams
 9. Sugar: 8 grams
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