

Afghan Kidney Bean Curry (Lubya)

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons coconut oil divided
- 1 tablespoon coriander whole
- 1 teaspoon cumin seed whole
- 1/2 teaspoon dried mint optional
- 15 ounces tomatoes 1½ cups whole
- 1 red onion small, small dice, some reserved for garnish, optional
- 4 cloves garlic minced
- 1 cup vegetable broth
- 3 cups kidney beans 2 15 oz cans, rinsed and drained
- 1 teaspoon freshly ground black pepper or to taste
- 1 teaspoon salt or to taste*
- cilantro for garnish, optional
- basmati rice to serve

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 19 grams
3. Fat: 6 grams
4. Fiber: 1 grams
5. Protein: 8 grams
6. SaturatedFat: 4 grams
7. Sodium: 570 milligrams
8. Sugar: 3 grams

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