

Red Kidney Bean Curry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/red-kidney-bean-curry-indian-recipe>

Ingredients:

- 2 tablespoons cooking oil light
- 1 cinnamon stick
- 1 teaspoon cumin seeds whole
- 1 large onion finely chopped
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 1/2 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1 tablespoon coriander powder
- 1/2 teaspoon Garam Masala
- 2 tablespoons tomato paste
- 2 medium tomatoes finely chopped
- 2 1/4 cups red kidney beans drained and rinsed thoroughly
- water as needed
- salt to taste
- 1 handful Cilantro leaves finely chopped, for garnish, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Fat: 9 grams
4. Fiber: 2 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 310 milligrams
8. Sugar: 4 grams

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