

# Red Kidney Bean Curry [Rajmah]

Yield: 6 min  
Total Time: 40 min

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

## Ingredients:

- 1/3 cup extra-virgin olive oil
- 1/4 cup fresh ginger chopped, I use half this; I'm tepid in the fresh ginger department
- 1 medium onion finely chopped
- 1 plum tomato diced
- 3 cloves garlic chopped
- 1 green chili large, chopped, optional
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne
- 8 ounces tomato sauce can of, or 8 ounces of one of your choice
- 3 cups red kidney beans boiled, or 30 ounces canned red kidney beans, undrained
- 1/2 cup chopped fresh cilantro or parsley, if you're cilantro-averse

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 16 grams
3. Fat: 15 grams
4. Fiber: 2 grams
5. Protein: 8 grams
6. SaturatedFat: 2 grams
7. Sodium: 560 milligrams
8. Sugar: 5 grams

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