

Mixed Bean Masala

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cusine-rice-and-beans-recipe>

Ingredients:

- 2 cloves garlic
- 1 tablespoon water
- 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt more if canned tomatoes are unsalted
- 28 ounces chopped tomatoes
- 30 ounces beans drained and rinsed
- 2 tablespoons cilantro coarsely chopped, plus more for serving
- 2 cups jasmine rice
- 2 cups water
- 3 whole cloves
- 3/4 teaspoon turmeric
- 1 teaspoon salt
- 2 tablespoons butter oil

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 10 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams
8. Sodium: 610 milligrams
9. Sugar: 8 grams

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