

Rajma (Red Kidney Beans) Curry

Rajma (Red Kidney Beans) are an excellent plant-based source of protein. They're also rich in various minerals, vitamins, fibers and antioxidants. Therefore, these beans may aid weight loss, promote colon health, and moderate blood sugar levels.

Recipe Makes: 2-3 servings

Nutritional Value (per serving)

Calories: 239 kcal **Protein:** 14.5 g **Carbohydrate:** 41.8 g **Fat:** 2.4 g

Ingredients

- 1 cups Rajma (Red Kidney Beans), soaked for 8 hours
- 1 teaspoon Oil
- 1 Onion, roughly chopped
- 1 inch Ginger, finely chopped
- 1 Tomato, finely chopped or pureed
- 1/4 teaspoon Turmeric powder (Haldi)
- 1 teaspoons Cumin powder (Jeera)
- 1/2 teaspoon Garam masala powder
- 1 Bay leaf (tej patta)
- 1 inch Cinnamon Stick (Dalchini), broken
- 4 sprig Coriander (Dhania) Leaves, chopped
- Salt, to taste



Instructions

1. To begin making the recipe, we will first soak the rajma immersed completely in water for about 8 to 10 hours.
2. Heat a teaspoon of oil on medium heat in the pressure cooker pan; add the onion, and ginger and sauté for 3 to 4 minutes until the onions soften turn light golden colour.
3. Stir in the tomatoes, bay leaf, cinnamon stick, turmeric powder, cumin powder, garam masala powder and salt to taste.

4. Sauté for another couple of minutes until the tomatoes become soft and mushy.
5. Once soft, add the soaked rajma along with its water. Add any additional water if required. There should be enough water such that the water level is at least 2 inches above the rajma.
6. Cover the pressure cooker, and cook on medium heat for about 40 minutes.
7. Once done, turn off the heat and allow the pressure cooker to rest and release its pressure naturally. The rajma will continue to cook in the pressure cooker as long as there is pressure inside.
8. Once the pressure has released, open the cooker. The rajma should be now cooked completely. If you press the rajma between your fingers it will get mashed easily.
9. If you find the rajma is still firm, you need to cook it for a little longer. This happens when your rajma bean has aged and hence takes a longer time to cook.
10. Once the Rajma is cooked, check the salt and spice levels and adjust to suit your taste. Stir in the chopped coriander leaves and serve hot along with chapati, paratha or rice.