Punjabi Rajma

Source: Recipe by Arwa Hussain

A popular dish from the Northern state of Punjab, Rajma, the Hindi name for red kidney beans, is high in protein and a good source of fiber. It is traditionally served with chapati.

About the Recipe

125 Calories · 7.3 g Protein · 6.6 g Fiber
Dinner

Ingredients

Makes 3 Servings

- 1 1/2 c (228 g) red kidney beans, soaked overnight
- 2 bay leaves
- 1 medium onion, finely chopped
- 1 tsp (5 mL) grated ginger root
- 3 to 4 cloves garlic, chopped
- 1 tsp (5 mL) chili powder
- 1/2 tbsp (7.5 mL) ground coriander
- 1/2 tsp (2.5 mL) ground turmeric
- 1 tsp (5 mL) ground cumin
- 3 medium tomatoes, chopped
- 1/2 tsp (2.5 mL) ground garam masala
- 1 tbsp (15 mL) or 1/4 bunch 1/4 bunch fresh cilantro, chopped
- 1/4 tsp (1.2 mL), or to taste iodized salt

Directions

1. Cook dry beans with 5 c (1185 mL) of water in a pressure cooker until the pressure is released five times (5 whistles) or until completely cooked.

2. Add tomatoes, bay leaves, and onion in a deep nonstick pan and stir it for 10 minutes.
3. Add ginger and garlic and continue stirring for another 5 minutes. Because there is no oil, you might have to add 2 tbsp (30 mL) of water if things start sticking in the pan.
4. Add chili powder, coriander, turmeric, and cumin and stir.
5. Add salt and beans and the water the beans were cooked in and mix.
6. Cook on low heat for 15 minutes, continue stirring in between.
7. Adjust the salt according to taste and add garam masala powder. Cook for 5 more minutes.
8. Garnish with fresh cilantro and serve hot with chapati or steamed rice.

Nutrition Facts

Per serving (1/3 of recipe):

Calories: 326 kcal
Fat: 2 g
    Saturated Fat: <0.5 g
    Calories From Fat: 5%
Cholesterol: 0 mg
Protein: 21 g
Carbohydrates: 44 g
Sugar: 5 g
Fiber: 16 g
Sodium: 240 mg
Calcium: 119 mg
Iron: 6.8 mg
Vitamin C: 31 mg
Beta-Carotene: 478 mcg
Vitamin E: 1.0 mg