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 chappati.

About the Recipe

125 Calories · 7.3 g Protein · 6.6 g Fiber
Dinner

Ingredients

Makes 3 Servings

- red kidney beans, soaked overnight (1 1/2 cups)
- bay leaves (2)
- medium onion, finely chopped (1)
- grated ginger (1 teaspoon)
- garlic, chopped (3-4 cloves)
- chili powder (1 teaspoon)
- coriander powder (1/2 tablespoon)
- turmeric powder (1/2 teaspoon)
- cumin powder (1 teaspoon)
- medium tomatoes, chopped (3 )
- garam masala powder (1/2 teaspoon)
- chopped fresh coriander (1 tablespoon)
- salt (to taste)

Directions
1. Cook beans with 5 cups of water in a pressure cooker till 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 tablespoons of water if things start sticking in the pan.
4. Add chili, coriander, turmeric, and cumin powder and stir.
5. Add salt and cooked beans and its boiling water 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 coriander and serve hot with steamed rice.

**Nutrition Facts**

*Per serving (1/3 of recipe)*

- **Calories:** 125
- **Fat:** 0.9 g
- **Calories from Fat:** 6.5%
- **Protein:** 7.3 g
- **Carbohydrates:** 23.7 g
- **Sugar:** 3.9 g
- **Fiber:** 6.6 g
- **Sodium:** 58 mg