



Curried Red Kidney Beans and Cauliflower (Rajma Masala)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 oz canned tomatoes whole peeled canned
- ☐ 0.5 head cauliflower cut into 1/2- to 1-in. florets
- ☐ 0.3 teaspoon cayenne
- ☐ 0.5 cup cilantro sprigs loosely packed coarsely chopped
- ☐ 1 cinnamon sticks (2-in.)
- ☐ 6 cups brown rice hot cooked (see Notes)

- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon fennel bulb
- ☐ 0.5 teaspoon garam masala
- ☐ 1 tablespoon garlic fresh minced
- ☐ 1 tablespoon ginger
- ☐ 3 cardamom pods green
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 tbsp juice of lemon freshly squeezed
- ☐ 1 large onion chopped
- ☐ 6 cups kidney beans red rinsed cooked drained (four 14-oz. cans)
- ☐ 1 tsp salt
- ☐ 1 serrano chile minced stemmed seeded
- ☐ 0.5 teaspoon turmeric
- ☐ 3 tablespoons vegetable oil

Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat oil in a heavy-bottomed 4- to 5-qt. pot or saucepan over medium-high heat.
- ☐ Add onion and fry, stirring occasionally, 2 to 3 minutes, or until slightly softened. Stir in cinnamon, bay leaf, garlic, ginger, fennel, cumin, and cardamom and fry, stirring, 2 minutes.
- ☐ Add cayenne, coriander, turmeric, and garam masala and fry, stirring, 1 minute. Shred tomatoes into pot with your fingers. Stir in serrano chile, salt, kidney beans, cauliflower, and 1 1/2 cups water. Lower heat to medium-low, cover, and simmer 20 minutes, or until cauliflower is tender and liquid has thickened into a velvety-looking sauce (add more water if necessary).
- ☐ Season beans with salt. Stir in lemon juice and cilantro.
- ☐ Serve hot over brown rice, with plain yogurt on the side if you like.

Nutrition Facts



 **PROTEIN 15.77%**  **FAT 15.56%**  **CARBS 68.67%**

Properties

Glycemic Index:44.31, Glycemic Load:24.91, Inflammation Score:-9, Nutrition Score:25.203043377918%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg

Nutrients (% of daily need)

Calories: 419.57kcal (20.98%), Fat: 7.44g (11.45%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 73.91g (24.64%), Net Carbohydrates: 58.73g (21.36%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 376.12mg (16.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.94%), Manganese: 2.75mg (137.36%), Fiber: 15.18g (60.72%), Folate: 210.8µg (52.7%), Magnesium: 146.56mg (36.64%), Phosphorus: 345.78mg (34.58%), Iron: 5.98mg (33.23%), Vitamin C: 27.1mg (32.85%), Vitamin K: 32.71µg (31.15%), Vitamin B1: 0.43mg (28.96%), Copper: 0.57mg (28.65%), Vitamin B6: 0.57mg (28.53%), Potassium: 976.4mg (27.9%), Vitamin B3: 3.63mg (18.13%), Zinc: 2.71mg (18.06%), Vitamin B5: 1.29mg (12.91%), Calcium: 95.68mg (9.57%), Vitamin B2: 0.16mg (9.16%), Vitamin E: 1.21mg (8.08%), Vitamin A: 217.63IU (4.35%), Selenium: 2.45µg (3.5%)