



Rasedar Rajma (Kidney Beans in Curry Sauce)

 Vegetarian  Gluten Free  Very Healthy

READY IN



150 min.

SERVINGS



6

CALORIES



242 kcal

SAUCE

Ingredients

- 0.5 teaspoon ajwain seeds dried
- 6 servings cilantro leaves chopped (optional garnish)
- 2 cups kidney beans dried
- 1 teaspoon garam masala
- 1 teaspoon garlic minced
- 1 tablespoon ginger
- 2 tablespoons ground coriander
- 1 teaspoon ground fenugreek

- 1 onion minced
- 0.1 teaspoon to 5 chilies red to taste (more)
- 1 teaspoon salt
- 2 cups tomatoes diced finely
- 0.8 teaspoon turmeric
- 6 cups water
- 0.3 cup yogurt unsweetened

Equipment

- sauce pan

Directions

- Remove from heat and allow the beans to rest, covered, for at least 1 hour.
- Drain the water, add another 6 cups of water, and bring to a boil. Simmer until beans are tender, about an hour. (Alternately, pressure cook the beans: bring to high pressure and cook for 8–10 minutes.
- Remove from heat and allow pressure to come down naturally.) When the beans are done, leave them in their cooking liquid while you make the sauce.
- Heat a non-stick saucepan over medium-high heat until hot.
- Add the minced onion, and cook until it's beginning to brown, stirring constantly.
- Add the garlic and ajwain and stir for 1 minute.
- Add the tomatoes and cook until their liquid has evaporated, about 5 minutes. Stir in the non-dairy yogurt and the coriander, fenugreek, turmeric, garam masala, and chilli pepper.
- Drain 2 cups of liquid from the beans and stir half of it into the sauce.
- Add the sauce to the beans and stir. If the sauce is too thick or dry, add some or all of the reserved bean cooking liquid. Simmer over low heat, stirring occasionally, for at least 20 minutes, until the sauce has thickened and flavors have blended. Check seasonings and add salt to taste.
- Transfer to a serving dish, garnish with cilantro if you like, and serve with basmati rice or chapatis, paranthas, or naan.

Nutrition Facts

PROTEIN 24.44% FAT 5.79% CARBS 69.77%

Properties

Glycemic Index:41.33, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:18.16565224172%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Pelargonidin: 2.96mg, Pelargonidin: 2.96mg, Pelargonidin: 2.96mg, Pelargonidin: 2.96mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 242.17kcal (12.11%), Fat: 1.62g (2.49%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 32.48g (11.81%), Sugar: 3.89g (4.32%), Cholesterol: 1.33mg (0.44%), Sodium: 416.37mg (18.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.75%), Folate: 254.01µg (63.5%), Fiber: 11.41g (45.63%), Manganese: 0.83mg (41.71%), Potassium: 1034.17mg (29.55%), Phosphorus: 286.66mg (28.67%), Vitamin B1: 0.41mg (27.37%), Iron: 4.9mg (27.23%), Copper: 0.53mg (26.69%), Magnesium: 103.47mg (25.87%), Vitamin B6: 0.33mg (16.29%), Vitamin C: 11.8mg (14.3%), Zinc: 2.03mg (13.52%), Vitamin B2: 0.17mg (9.99%), Calcium: 94.4mg (9.44%), Vitamin A: 432.38IU (8.65%), Vitamin B3: 1.69mg (8.46%), Vitamin K: 7.82µg (7.45%), Vitamin B5: 0.59mg (5.91%), Selenium: 2.85µg (4.07%), Vitamin E: 0.42mg (2.81%)