

# Recipe for



## KIDNEY BEANS--RAJMA

SERVES 4-6

PREP TIME/TOTAL

TIME Approx 10 min/ 45 min

### NUTRITION INFORMATION

Total Calories 364

Fat 4.9 g

Protein 16.0 g

Carbohydrates 76.8 g

Fiber 17.5 g

### INGREDIENTS

2 cup Kidney beans

1 large onion--chop finely

2 tsp grated ginger

2 medium tomatoes, diced

2 cloves of garlic, minced

1 tsp rajma masala or garam masala

1 tsp cumin powder

1/2 tsp turmeric

1 to 1 1/2 teaspoon of salt

1/4-1/2 jalapeno, optional, spice preference

1-2 tbsp of Cilantro, chopped

5 cups of water

### DIRECTIONS

Soak kidney beans for at least 8 hours or preferably overnight and rinse 3 times

Place water, beans, onions, ginger, tomatoes, jalapenos and garlic into the

Instant Pot. Select the Manual Setting, high pressure for 50 minutes.

Add salt, rajma masala, cumin powder, and turmeric and then select the

Saute setting(to thicken the gravy) for approximately 5-7 minutes depending

on preferred consistency. Garnish with cilantro and/or green onions and

enjoy with quinoa, rice, or another favorite whole grain.



GF

WFPB