

# Recipe for



## PINTO BEANS--INDIAN SPICES

**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 Pinto beans if using fresh, or 2 (15-16) ounce canned pinto 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 1/2 tsp of salt

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

1-2 tbsp of Cilantro, chopped

5 cups of water

### DIRECTIONS

Soak pinto 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, garam or 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**