

Simple Bean Curry Recipe

Rajma Masala or Indian red kidney bean curry is a famous punjabi vegetarian curry from north India. Try this wonderful recipe with boiled or jeera rice. This is a very popular Indian brunch dish cooked on holidays.

Ingredients:

- 1 Pound of dry beans such as kidney beans or small red beans or 2-3 cans of Kidney Beans (drained and rinsed)
 - 2 Medium onions (Pyaj) or 1 bag frozen chopped onions (12-16 oz.)
 - 1 Can of diced no salt added tomatoes
 - 2 Green chili pods diced or 3 Tbsp of diced canned chili pods (mild - hot, to taste)
 - 1/2 Small (4 oz.) can of tomato paste
 - 1 Tsp of diced garlic (or garlic paste) & 1 tsp of ginger flakes (or ginger paste or powder)
 - 1/2 Tsp Garam Masala powder
 - 1 Tsp of coriander powder
 - 1 Tsp of cumin powder
 - 1/3 Tsp of Turmeric powder
- OR substitute**
- 1 Tbsp of curry powder instead of the coriander, cumin and turmeric
 - 2 Tsp No Salt
- Amt To taste, add red pepper or red pepper flakes for a hotter curry (optional)

How to make simple rajma curry:

- Prepare dried beans according to directions
- Heat coconut oil in a deep frying pan and add chopped onions, ginger, garlic and green chili pods, if using fresh chili pods. Cook till brown.
- Add the tomatoes (drain for a thicker curry), green chili pods and cook for several minutes then add the tomato paste
- Add coriander, cumin and turmeric (or curry) powder.
- Add salt, stir well and cook for at least 5 minutes
- Place the ingredients in the frying pan in a blender and liquefy.
- Put the liquefied ingredients back in the frying pan.
- Add the beans and cook on low for another 5-10 minutes.
- Add the Garam Masala powder and stir the mixture well.
- Garnish with fresh chopped cilantro leaves (optional).
- Serve hot over steamed rice (optional).