

Recipe Name: Lemon And Ginger Spicy Black Eyed Beans Recipe

Diet Type:

Course: Side Dish

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Black Eyed Beans (Lobia) - soaked in water overnight	2
• 1 Onion - chopped	
• 3 cloves Garlic - minced	
• 1 Red Yellow or Green Bell Pepper (Capsicum) - finely chopped	
• 2 Tomatoes - blanched	
• 2 inch Ginger - julienned (fine)	
• 1 tablespoon Extra Virgin Olive Oil	
• 2 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Red Chilli powder - or red chilli flakes	
• Salt - to taste	
• 4 sprig Coriander (Dhania) Leaves - chopped	
• 1 teaspoon Lemon juice - adjustable	

Preparation

- To begin making the Lemon and Ginger Spicy Black Eyed Beans recipe, firstly pressure cook the Black eyed beans with 2-3 cups of water in a cooker, till there is still a bite left to them.
- Drain and reserve the water.
- In a pan heat the oil.
- Add the onion, g.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	10	5