

Recipe Name: No Onion No Garlic Lobia Masala Recipe
In Electric Pressure Cooker

Diet Type:

Course: Dinner

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Black Eyed Beans (Lobia) - soaked for two hours	4
• 1 inch Ginger - finely chopped	
• 2 Green Chillies	
• 2 sprig Curry leaves	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 tablespoon Gram flour (besan)	
• 1 tablespoon Tamarind Paste	
• 1 teaspoon Jaggery	
• Salt - to taste	

Preparation

- To begin making the No Onion No Garlic Lobia Masala Recipe, wash lobia and soak in water for about 2 hours.
- Heat oil in saute mode of the electric pressure cooker over medium heat; add the cumin seeds, ginger, green chillies and fry for few seconds.

Macronutrients

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