

Recipe Name: Mixed Beans Vegetable Pulao Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: Indian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Rice - washed and soaked for 10 min	2
• 1/4 cup Rajma (Large Kidney Beans) - washed and soaked overnight	
• 1/8 cup Double Beans - washed and soaked overnight	
• 1/4 cup Potato (Aloo) - peeled and chopped	
• Carrot (Gajjar) - peeled and chopped	
• Green beans (French Beans) - chopped	
• 2 Cloves (Laung)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 Cinnamon Stick (Dalchini)	
• 1/8 tablespoon Turmeric powder (Haldi)	
• 1 Onion - sliced finely	
• 2 Green Chillies - slit	
• 1/2 tablespoon Ginger Garlic Paste	
• 1/4 tablespoon Garam masala powder	
• 1 tablespoon Lemon juice	
• 2 sprig Coriander (Dhania) Leaves	
• Salt - as required	
• Sunflower Oil - as required	

Preparation

- (Take care not to turn them mushy).
- Wait till pressure settles.
- Drain excess water and set it aside.
- In a heavy bottom cooking vessel, add oil and to it add cloves, cardamom and cinnamon stick.
- When the spices start to leave their aroma, add sliced onions.



- Fry till translucent.
- Now add ginger-garlic paste.
- Fry for another minute and add boiled rajma and double beans.
- Saute for a minute or two.
- After a minute or two, add chopped potato, carrot, green beans, green chilies, garam masala and turmeric powder.
- Saute for two minutes.
- Add 4 cups of water to this along with salt.
- Let it come to boil.
- Now add rice (by draining the water, in which rice was getting soaked).
- Gently stir and cook covered on low flame till rice is completely cooked.
- Sprinkle lemon juice and garnish with coriander leaves before serving.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	12	60	8	10	4

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