

Recipe Name: Beans Curry Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 gms Kidney Beans	4
• 2 tsp Oil	
• 1 tsp Mustard Seeds	
• 1/2 tsp Turmeric Powder	
• 4 tsp Coriander Powder	
• 2 tsp Garam Masala	
• 1 tsp Fenugreek Seeds	
• 2 tsp Onion Powder	
• 1 tsp Garlic Powder	
• 1 tsp Red Chili Powder	
• 2 tsp Salt	
• 1 tsp Sugar	
• 1 tsp Lemon Juice	
• 10 gms Fresh Coriander Leaves	
• 1/4 tsp Black Salt	

Preparation

- Wash the beans thoroughly and soak them in water for 8 hours. Drain the water and add them to a pressure cooker. Add 2 cups of water and cook for 15 minutes. In a separate pan, heat oil and add mustard seeds. Once they start popping, add turmeric, coriander, garam masala, fenugreek, onion powder, garlic powder, red chili powder, salt, and sugar. Stir well and add the cooked beans. Cook for 5 minutes. Add lemon juice and fresh coriander leaves. Garnish with black salt and serve hot.

Macronutrients



Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

