

Kidney Beans (Rajma)



Makes:

6 - 8 servings

Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

5 Qt./4.7 L Roaster with Cover

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Contributed By:

Raj and Kewal Singh

Saladmaster Consultants

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16-18

ounces

kidney beans

(454 - 510

g)

1

medium onion, sliced, use Cone #4

1

1-inch (2.5 cm) piece fresh ginger

2

cloves garlic

2 - 3

green chilies, or to taste

1

potato, diced

1

tomato, chopped

¹/₂

tablespoon

salt

(9

g)
1 - 2
teaspoons
garam masala, or to taste
(2 - 4
g)
1 - 2
teaspoons
turmeric powder, or to taste
(2 - 4
g)

Directions:

1. Place kidney beans in 3 Qt. (2.8 L) Roaster with enough water to cover the beans. Cook over medium heat. When Vapo-Valve? clicks, reduce temperature to low and cook for approximately 40 minutes.
2. Prepare the onions. Finely chop or blend if preferred, the ginger, garlic and green chilies. Dice the potato.
3. Preheat 5 Qt. (4.7 L) Roaster. When several drops of water sprinkled in roaster skitter and dissipate, add onions, ginger, garlic, and green chilies. Crack the cover and cook mixture until it is golden brown.
4. Add tomatoes to the mixture, alongside half a tablespoon of salt (if desired), garam masala and turmeric powder.
5. Add the cooked kidney beans and diced potatoes to the mixture. Cover.
6. Cook on medium heat. When Vapo-Valve? clicks steadily, reduce temperature to low, leaving it for approximately 40 - 45 minutes.

Tips:

- Soak beans overnight or with the quick-soak method.
- For quick-soak method, combine rinsed beans in utensil with enough water to cover the beans. Cook over medium heat until Vapo-Valve? clicks, and reduce heat to low and cook for 2 minutes. Turn off heat and let beans stand for 1 hour to expand. Drain beans and cook according to recipe.

Nutritional Information per Serving

Based on 6 servings

Calories:

330

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

607mg

Total Carbs:

62g

Dietary Fiber:

23g

Sugar:

4g

Protein:

21g