

# RECIPE CARD

RAJMA CURRY

RECIPE NAME

4 servings

YIELD

Prep time: 10 mins

PREP TIME

Cook time: 20 mins

TIME TO COOK

Most of the ingredients are easily available in any grocery store. For specific spices, such as garam masala, you can find them at any Indian store, or stores like Trader Joe's, Sprouts, etc.

Home recipe: Lightly roast together 1 spoon each of cumin, coriander seeds, and 1/2 spoon each of nutmeg and cloves in a shallow non stick dish. Roast until all the spices turn aromatic without burning. Blend the spices into a coarse powder and save it in an airtight container and use as needed.

NOTES

## INGREDIENTS

2 tablespoon light cooking oil  
1 small cinnamon stick  
1-2 bay leaves  
1 teaspoon whole cumin seeds  
1 large onion finely chopped  
1 inch of ginger finely grated  
4-5 cloves of garlic finely chopped  
1 teaspoon red chilli powder (per taste)  
¼ teaspoon turmeric powder  
1 teaspoon coriander powder  
1 teaspoon garam masala powder  
(The above spices/powders can be found in any Indian grocery store, or stores, such as, Walmart, Safeway, Trader Joe's, Sprouts, etc.)  
3 tablespoon tomato paste  
4 small cans of red kidney beans (15 oz each) drained  
Water as needed  
Salt to taste  
For garnish: a handful of finely chopped cilantro leaves, a spoon full of whipped cream (optional)

## PROCEDURE

1. Add oil to a deep heavy bottomed pan. Once the oil is warm, add in the bay leaves, cloves, cinnamon stick and cumin seeds. As soon as the spices begin to sizzle, add in the chopped onion, ginger and garlic and fry for 3-4 minutes till lightly browned.
2. Lower the flame slightly and add all the spices, and fry till fragrant. Stir in the tomato paste and combine well with the onion and spices. Keep stirring occasionally to prevent the bottom from getting burnt. The spices will be ready when you see the oil begins to separate. (takes about 5-7 minutes)
3. Increase the flame and stir in kidney beans, season with salt and add about 1 glass of water (depending on the thickness of gravy you prefer). Lower the heat slightly, and let it simmer for 8-10 minutes. Stir frequently to avoid burning the bottom of the pan.
4. Garnish with fresh cilantro leaves and cream (optional) and serve warm with rice or enjoy it simply as a bowl of soup.

Enjoy!