

SPICED KIDNEY BEAN CURRY
Rajrnah, a dish from northern India

Ingredients:

1 cup red kidney beans
1-2 green chilies, sliced
½ tsp fresh, grated ginger
½ tsp turmeric
1 tbsp vegetable oil
½ cup chopped onion
½ tsp cumin seeds
½ cup chopped tomato
1 tbsp lemon juice
½ tsp gharam masala
½ - 1 tsp salt
1 tbsp chopped fresh cilantro (coriander leaves)

Method:

1. Wash kidney beans under cold, running water. Put in a bowl, cover with water, and soak overnight. Drain.
 2. Fill a 4-quart saucepan with water. Add soaked beans, green chilies, ginger and turmeric. Bring to a boil; reduce to simmer. Cover; cook until beans are very tender, about 2 hours.*
 3. Heat oil in a small, nonstick frypan. Add onion and cumin seeds. Cook and stir until onion is translucent and slightly browned. Add tomato; cook until soft.
 4. Add onion-tomato mixture to cooked beans. Add lemon juice, gharam masala and salt. Cook uncovered for 5 minutes.
 5. Garnish with cilantro before serving.
- *For speed and energy efficiency, kidney beans can be cooked in a pressure cooker.

Yield: 4 cups

Serving size: 1 cup

Servings per recipe: 4

Exchanges: Starch 2 ½; Very lean meat 1

Nutrient content per serving:

Calories: 224

Carbohydrate: 35 g

Dietary fiber: 9 g

Fat: 5 g (41 Calories from fat)

Saturated fat: 1 g

Cholesterol: 0 mg

Sugars: 6 g

Protein: 12 g

Sodium: 443 mg

*Recipe by: American Dietetic Association
American Diabetic Association*