



Rajma (Kidney Bean Curry)

Mamta Israni

Country: India

Ingredients:

1 cup dry kidney beans or 2 – 15 Oz canned beans (3 cups)
2 tablespoons oil
1 cup onions, chopped
1 teaspoon ginger, finely grated
1 teaspoon garlic, minced
1 green chili pepper, chopped (optional)
½-1 teaspoon garam masala (adjust to taste)
2 teaspoons coriander powder
1 teaspoon cumin powder
1/2 teaspoon turmeric
1½ cups fresh tomatoes, chopped
½-1 teaspoon salt (adjust to taste)

For garnish and serving:

Lemon juice
Chopped cilantro
Heavy cream, sour cream or Greek yogurt
Chopped chili peppers (mild or hot)
Chopped red onion
White rice and/or naan/crust bread

Instructions:

1. If using dry kidney beans: Place kidney beans in a large bowl and rinse. Drain and then soak overnight in 4 cups water with 1 teaspoon of salt. The beans will double in size. When you are ready to cook, drain the water and rinse beans with fresh water. Add 3 cups water and ½ tsp salt to beans in a large pot and bring to a rolling boil. Lower the heat and let the beans simmer uncovered until they're tender, approximately 60 minutes. If the water level drops below the beans, add more water so the beans are always covered. The beans are done cooking when they are all soft but not mushy.
2. If using canned beans, drain liquid from cans and rinse canned beans.
3. Heat the oil in a large pot on medium heat and sauté onions until golden and caramelized, but not burned. Add the ginger and garlic along with the spices – chili, garam masala, coriander powder, cumin powder and turmeric.

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4. Add the chopped tomatoes. Simmer for about 5 minutes on medium heat, stirring a few times to ensure a uniform mixture. Add the kidney beans and stir well. Pour 1 to 1 ½ cup water to the pot (curry can be thick or more soup like). Mix well, cover and simmer for a minimum of 15 to 20 minutes, stirring occasionally. (If using canned beans, use more water as required to bring it to the desired consistency). The curry will thicken, and flavor will deepen if cooked longer.
5. Taste and add more salt as needed. Serve in bowls with fresh squeezed lemon juice. Garnish with cream, cilantro, red onions and chili peppers if desired. Serve over rice and/or alongside naan or crusty bread.

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