

Rajma Dal

Red Kidney Bean Curry

Ingredients

- 2 15.5 oz cans red kidney beans
- 2 Tbsp vegetable oil
- 1 tsp cumin seeds
- 2 onions, finely chopped
- 2" ginger, julienned
- 6 cloves garlic, minced
- 1 15-oz can diced tomatoes
- 2 green chilies, finely chopped (optional)
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp garam masala
- 1/4 tsp turmeric
- 3 cups water
- salt to taste
- pinch asafetida

Directions

Drain and rinse the kidney beans, leave aside.

Heat vegetable oil in a large saucepan over medium heat. Add the cumin seeds and stir until they stop sizzling. Add the onion and saute until soft. Add the ginger and garlic and saute for 2 more minutes. Add the tomatoes and chilies, if using. Add the coriander, cumin, garam masala and turmeric, stir well, and cook until the oil separates from the sauce.

Add the kidney beans, water, salt and asafetida. Bring to a boil and then

<http://www.marga.org/food/int/india/rajma.html>