

Recipe For: Rajma (Red Kidney Bean Curry)

Courtesy of Rajni Hatti, from *Simply Delicious Indian*



Ingredients

MASALA PASTE:

- 1 large tomato, chopped into 2-inch pieces
- ½ of a medium size onion, chopped into 2-inch pieces
- 1 medium size Serrano green chili, roughly chopped
- 1 large garlic clove, roughly chopped
- ¼ cup water

RAJMA:

- 1 tablespoon vegetable or canola oil
- ½ of a medium size onion, diced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 (16-oz) cans dark red kidney beans, drained and rinsed
- 2 tablespoons sour cream
- 1½ teaspoons peeled grated ginger
- 1½ teaspoons brown sugar
- 3 tablespoons tomato paste
- 1½ teaspoons garam masala
- 1 teaspoon salt, adjust to taste
- ¼ cup water
- ¼ cup chopped cilantro

This vegetarian dish originated in Punjab, a northern state in India. Kidney beans are an excellent source of protein and dietary fiber, making it an ideal ingredient in a vegetarian diet.

1. Combine all the ingredients for the masala paste in a blender and grind until finely pureed. Add a little more water if the paste is difficult to blend. Set aside.
2. Heat oil in a large pan over medium heat. Add onion, ground cumin, and ground coriander and stir occasionally until onions begin to brown.
3. Add the masala paste to the pan and mix to combine. Bring to a simmer for about 5 minutes to cook the paste.
4. Add kidney beans, sour cream, and ginger. Mix to combine.
5. Add brown sugar, tomato paste, garam masala, salt, and water. Add a little more water if the curry is too thick. Bring to a low simmer for about 7-10 minutes (curry will thicken slightly).
6. Garnish with cilantro.

Serving Suggestion: Serve with rice.

