

# Rajma Masala (Kidney Bean Curry)

**Servings:** 4

**Diet:** Vegan, Vegetarian & Gluten-Free

## Ingredients

- 1 tablespoon oil
- 1 onion, diced
- ½ tablespoon fresh ginger, grated or powder
- ½ tablespoon fresh garlic, minced or powder
- 1 (15 ounce) can kidney beans, no salt added, drained and rinsed
- 1 (14.5 ounce) can crushed tomatoes, no salt added
- ½ tablespoon cumin
- 1 tablespoon garam masala
- Optional: 1 teaspoon red pepper flakes, chopped cilantro

## Instructions

**STEP 1:** Add oil, onions, ginger and garlic to a large pan over medium-high heat. Cook until onions are translucent, about 5 minutes.

**STEP 2:** Add the kidney beans, tomatoes, cumin, garam masala and optional red pepper flakes. Cook for 5 minutes or until heated through.

**STEP 3:** Top with optional cilantro, and serve warm.



- **Shopping Tip:** Choose low salt/no salt added canned foods. If not available, draining and rinsing can reduce the salt content up to 40%!
- **Ingredient Swap:** Any beans will work. Try black, pinto or kidney.
- **Did You Know?** Beans are a great source of plant protein and fiber.



Per Serving: 170 Calories | 27g Carbs | 8g Sugar | 9g Fiber | 4g Fat (0.5g Sat Fat) | 8g Protein | 330mg Sodium  
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