



## Beans on Toast Recipe

### Ingredients

- Tablespoons MAGGI Hot & Sweet Tomato Chilli Sauce
- Cup Rajma (Kidney Beans)
- Tablespoon Oil
- Onion (Chopped)
- Cloves Garlic
- Tomato (Chopped)
- Teaspoon Cumin Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Pinch Salt (To Taste)
- Pav
- Tablespoons Coriander Leaves (Chopped)

### Instruction

1. Prepare ingredients as mentioned in the list.
2. Place the pre-soaked lobia/rajmah and 2 cups water in a pressure cooker, cook for 15 minutes after the first whistle. Remove from fire and allow to cool. Once the pressure is released, open the cooker and drain out the excess liquids. You can store this liquid and use it for vegetable stock or to knead atta for rotis.
3. Heat oil in a pan, add in the onions and garlic and give it a light sauté until the onions are soft and translucent. Add the tomato puree, cumin powder and red chilli powder and cook on low flame till tomato puree is well cooked. Add the MAGGI Hot & Sweet Tomato Chilli Sauce, mix well.
4. Add in the cooked drained lobia/rajmah into the tomato gravy. Mix well until the beans get well coated with the tomatoes. Cover the pan, turn the heat to low and simmer the beans for about 5 minutes or until the beans are well coated with the spices and tomatoes. Check the salt and seasoning and adjust to suit your taste.
5. Toast the bread slices and divide the cooked beans into 8 portions and place on each toast.
6. Serve garnished with coriander leaves.

### Nutrition

Carbohydrates	73.23 g
Energy	404.81 kcal
Fats	6.22 g
Protein	15.4 g

66 Minutes

4 Servings