



Rajma Soya Masala Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- Onion (Chopped)
- Teaspoon Ginger-Garlic Paste
- Tomato (Chopped)
- gms Rajma (Kidney Beans)
- gms Soya Granules
- 1/2 1/2 Teaspoon Red Chilli Powder
- 1/4 1/4 Teaspoon Turmeric Powder
- Cups Water
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Wash and soak rajma for 5-6 hours or overnight. Soak soya granules in hot water for 10 min.
2. Wash the soaked rajma well and pressure cook with soya granules and 6 cups of water for 15 min after the first whistle.
3. 3. In a kadhai heat oil and saute onion till they turn golden brown. Add the ginger garlic paste and fry for 5 min. Now add tomatoes and saute till the tomatoes soften.
4. Add red chilli powder, turmeric powder and fry for a minute. Add the boiled rajma and soya granules along with the gravy. Now add Maggi Masala-ae-Magic and salt to taste. Mix well and simmer for 10 minutes.
5. Garnish with fresh coriander leaves and serve hot.

Nutrition

Carbohydrates	41.08 g
Energy	295.21 kcal
Fats	8.31 g
Protein	15.83 g

47 Minutes

4 Servings