

Rajma Beans (the Queen of Dhals)

Ingredients

240g dried pinto beans soaked overnight
1 tbsp minced garlic
1 tbsp finely grated ginger
2 onions sliced
400 diced tomatoes
1 tbsp lemon juice
¼ cup cashews soaked for 3 hours
2 cups water
Big splash of olive or avocado oil
1 to 1½ tsp salt
Pepper

Spices

1 tsp turmeric
1 tsp chilli powder (optional)
1 tsp cumin seeds
2 bay leaves
1 tsp coriander ground
¼ tsp arjwain (carom)

Preparation

- Soak beans overnight then cook following the direction over on youtube <https://www.youtube.com/watch?v=ZlZjYcTyS0s&t=65s>
- soak cashews in the morning
- grate ginger
- mince garlic
- slice onions
- dice tomatoes
- juice lemon

Method

1. Place the oil in a saucepan and fry the onions on a medium heat for 2 minutes.
2. Add the ginger, garlic, salt and all the spices and cook for 5 minutes on a low heat.
3. Add the tomatoes and 1 cup water and place the lid on. Simmer until tomatoes are broken down.
4. Add the cooked beans and leave on a low heat. Meanwhile place the cashews and 1 cup water in a blender and blend until smooth. Add this to the saucepan.
5. Remove the lid and let simmer until the liquid is like a thick gravy.
6. Season with lemon juice and more salt and pepper if needed.

Note: if you don't want to make a vegetable curry to eat with this you can add whatever chopped veggies you like to the saucepan when you add the cooked beans.



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