INDIAN · LUNCH · DINNER

Dhaba-Style Rajma Masala

55 min · Serves 5 · 343 kcal a serve · Video 8:49 · Your Food Lab

Vegetarian · No nuts listed

Kidney beans give about 12 g of fibre and 13 g of protein a serve and make it rich in folate and iron. The thick gravy is built from about 800 g of onions and tomatoes rather than cream.

Diet notes: Gluten-free with a swap: Most asafoetida (hing) is blended with wheat flour: use a gluten-free one or leave it out.

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Ingredients 25 · SERVES 5

- [ ] 250 g **chitra rajma** (dried kidney beans), soaked overnight
- [ ] 1 **bay leaf** (removed after cooking)
- [ ] 5 cm **cinnamon** stick (removed after cooking)
- [ ] 1 black cardamom and 3 **cloves** (removed after cooking)
- [ ] **water** to cover the rajma by 2.5 cm, plus splashes of hot water for the masala
- [ ] a large pinch of **salt** for boiling + salt to taste, plus a large pinch of black salt
- [ ] 3 medium **onions**, ground to a paste
- [ ] 3 medium **tomatoes**
- [ ] 15 **garlic** cloves
- [ ] 5 cm piece **ginger** for the purée + a handful of ginger julienne to finish
- [ ] 2 **green chillies** for the purée + 2 sliced to finish
- [ ] 2 tbsp **desi ghee**
- [ ] 1 tbsp **oil**
- [ ] 1 tsp **cumin seeds**
- [ ] ¼ tsp **asafoetida** (hing)
- [ ] ½ tsp **turmeric powder**
- [ ] 1 tbsp **Kashmiri red chilli powder**
- [ ] 2 tbsp **coriander powder**
- [ ] 1 tsp **cumin powder**
- [ ] 1 tsp **amchur** (dry mango powder)
- [ ] 1 tbsp **kasuri methi** (dried fenugreek leaves)
- [ ] 1–2 tbsp **ghee**, to finish (optional)
- [ ] 1 tsp **yellow chilli powder** (optional)
- [ ] a pinch of **garam masala**
- [ ] a handful of **fresh coriander**, chopped

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the rajma 7–8 hours or overnight. Drain, rinse and pressure cook with the bay leaf, cinnamon, black cardamom, cloves, a pinch of salt and water 2.5 cm above: one whistle on high, then 2–3 on medium. Release naturally; remove the whole spices. 0:48
2. Grind the onions to a paste without water. Separately grind the tomatoes, garlic, 5 cm ginger and 2 green chillies to a fine purée. 2:07
3. Heat the ghee and oil in a kadhai on high. Crackle the cumin seeds, add the asafoetida and onion paste and cook, adding splashes of hot water when it sticks, until golden brown. 3:35
4. Lower the heat and add the turmeric, Kashmiri chilli, coriander and cumin powders, amchur and black salt with a splash of hot water. Stir until the fat separates. 4:21
5. Add the tomato purée and salt, cook 2–4 minutes on high, then cover and cook on low for 10–12 minutes, stirring now and then, until the fat separates and the masala darkens. 4:52
6. Add the cooked rajma with its water. Mash a few beans with the ladle and cook on high for 4–5 minutes until semi-thick. Check the salt and lower the heat. 5:32
7. Dry-roast the kasuri methi, crush it in your palms and add it. Heat the extra ghee if using and stir it in with the yellow chilli, ginger julienne, sliced green chillies, garam masala and coriander. Serve with roti or rice. 6:46

> **Tip** Soak the rajma overnight; the time shown does not include soaking. Skip the finishing ghee for a lighter dish. Red kidney beans work too, and rajma keeps 3 days in the fridge or freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
343 kcal 1,430 kJ	**14 g** 27% of a day	**45 g** 33 g net · 6.8 g sugars 17% of a day
FIBRE	**FAT**	**SODIUM**
12 g 43% of a day	**14 g** 6.2 g saturated 18% of a day	**410 mg** 18% of a day

Energy from net carbs 42% · protein 18% · fat 40%

High in (20%+ of a day) Folate 46% · Iron 36% · Omega-3 33% · Vitamin C 30% · Vitamin B6 30% · Vitamin K 27% · Magnesium 22% · Potassium 21%

Source of (10–19%) Vitamin A 19% · Zinc 18% · Vitamin E 15% · Calcium 10%

Recipe and video: Your Food Lab (@YourFoodLab) on YouTube — youtube.com/watch?v=d7zEp06mH58, published 4 July 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dhaba-style-rajma-masala