INDIAN · LUNCH · DINNER

Punjabi Black-Eyed Bean Curry (Lobia Masala)

120 min · Serves 6 · 320 kcal a serve · Video 9:23 · Food with Chetna

Vegan · Gluten-free ingredients · No nuts listed

A vegan bean curry with about 17 g of plant protein and 15 g of fibre a serve; the black-eyed beans give about a day's folate and make it rich in iron and magnesium. Only a little oil and no cream.

Diet notes: Low saturated fat (0.6 g, 2% of the energy); DASH-friendly (490 mg sodium a serve).

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Ingredients 14 · SERVES 6

- [ ] 500 g **dried black-eyed beans**
- [ ] 1 tsp **salt**, in the cooking water
- [ ] 1.2 litres **water** to cook the beans, plus 100–200 ml and about 200 ml boiling water later (much of it is absorbed)
- [ ] 2–3 tbsp **sunflower oil**
- [ ] 1 tsp **cumin seeds**
- [ ] 1 large **onion** (or 2 small), roughly chopped
- [ ] 3 large **garlic** cloves, grated
- [ ] a piece of **ginger**, grated
- [ ] 1 × 400 g tin chopped **tomatoes** (or 2–3 fresh tomatoes)
- [ ] 1 tsp **turmeric powder**
- [ ] 1 tsp **garam masala**
- [ ] 2 tsp **ground coriander**
- [ ] 1 tsp **chilli powder**
- [ ] chopped **fresh coriander**, to finish (optional)

Allergens found in the listed ingredients: none. 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. Put the black-eyed beans in a pressure cooker with 1.2 litres of water and 1 tsp salt and cook for 4–8 whistles until soft (or soak them and simmer in a pan for a couple of hours). 0:47
2. Heat the oil, add the cumin seeds and let them sizzle, then add the onion and cook on medium heat for 10–15 minutes until golden. 2:20
3. Grate in the garlic and ginger and cook for about a minute, then add the tomatoes, cover and cook on low-medium for 12–15 minutes. 3:18
4. Stir in the turmeric, garam masala, ground coriander and chilli powder, then add the cooked beans with their liquid and another 100–200 ml water. 4:54
5. Bring to the boil, then simmer very gently for about an hour until thick and the beans are soft. Add about 200 ml boiling water for more gravy, bring back to the boil and finish with coriander. 6:04

> **Tip** Serves 6 (our estimate from 500 g dried beans). Black-eyed beans don't need overnight soaking for a pressure cooker. It keeps well for 3–4 days and freezes well. Serve with chapati or rice.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
320 kcal	17 g	50 g	15 g	7.2 g	490 mg
1,340 kJ	33% of a day	35 g net · 11 g sugars	54% of a day	0.6 g saturated	21% of a day
		18% of a day		9% of a day	

Energy from net carbs 51% · protein 25% · fat 24%

High in (20%+ of a day) Folate 104% · Omega-3 45% · Iron 36% · Magnesium 29% · Zinc 26% · Vitamin B6 21%

Source of (10–19%) Potassium 18% · Vitamin E 17% · Vitamin K 13% · Vitamin C 12% · Selenium 11%

Recipe and video: Food with Chetna (@FoodwithChetna) on YouTube — youtube.com/watch?v=zzJWuWoyeAo, published 8 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/punjabi-lobia-masala-rongi