

Rajma Soup (Healthy Soups and Salads Recipe)

by Tarla Dalal



Ingredients

- 1/2 cup **soaked rajma (kidney beans)**
- 1 1/2 tsp **oil**
- 1/2 cup finely **chopped onions**
- 3 **garlic (lehsun) cloves** , roughly chopped
- 1 1/2 cups finely **chopped tomatoes**
- 1/2 tsp **chilli powder**
- salt** to taste
- 1 tsp **lemon** juice

For The Garnish

- 1 tbsp chopped **yellow capsicum**
- 1 tbsp chopped green **capsicum**
- 1 tbsp **chopped spring onions**
- 1 tbsp finely **chopped tomatoes**

Method

1. Heat the oil in a pressure cooker, add the onions and garlic and sauté on a medium flame for 1 to 2 minutes.
2. Add the tomatoes, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
3. Add the rajma, chilli powder, salt and 2 cups of water and pressure cook for 4 whistles.

4. Allow the steam to escape before opening the lid.
5. Allow it to cool completely.
6. Once cooled, blend in a mixer to a smooth mixture.
7. Transfer the mixture into a deep kadhai, add the lemon juice and ½ cup water and boil for 2 to 3 minutes, while stirring occasionally.
8. Serve hot garnished with yellow capsicum, green capsicum, spring onions greens and tomatoes.

Nutrient values per serving

Energy	Protein	Carbohydrate	Fat	Iron	Vitamin C
47 calories.	2.0 gm.	6.6 gm.	1.4 gm.	1.3 mcg.	12.4 mg