

# Rajma and Spinach Soup



## Ingredients to Serves 6

1/2 cup soaked and Boiled Rajma (Kidney Beans)

1 cup Shredded Spinach (Palak)

1/2 TBSP Oil

2 TBSP finely Chopped Onions

Salt to taste

1 TSP finely Chopped Garlic (Lehsun)

1 1/2 TSP Dried Oregano

1 TSP Dry Red Chilli flakes (Paprika)

2 TBSP Tomato Puree

## Method

1. Heat the oil in a deep non-stick kadhai, add the onions and sauté on a medium flame for 1 to 2 minutes.

2. Add the spinach, salt and pepper and sauté on a medium flame for another 1 to 2 minutes.
  3. Add the garlic, oregano and dry red chilli flakes and sauté on a medium flame for 1 more minute.
  4. Add the rajma and 4 cups of water, mix well and bring it to boil (approx. 4 minutes).
  5. Lower the flame and cook on a medium flame for 7 to 8 minutes, while stirring occasionally.
  6. Add the tomato purée, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
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**Source:** Tarla Dalal

**URL :** [https://www.tarladalal.com/Rajma-and-Spinach-Soup-\(-Soups-and-Salads-Recipe-\)-33969r](https://www.tarladalal.com/Rajma-and-Spinach-Soup-(-Soups-and-Salads-Recipe-)-33969r)

**Video Demonstartion:** [https://www.youtube.com/watch?v=P2KJu7p6q\\_g](https://www.youtube.com/watch?v=P2KJu7p6q_g)