



DARK KIDNEY BEANS 2KG



Upgrade your pantry with **Swastik Dark Kidney Beans 2KG**, also known as *Lal Rajma*. These high-quality, dark red kidney beans are rich in protein, fiber, and



essential nutrients — perfect for cooking hearty and flavorful Indian dishes like *Rajma Masala*. Ideal for families and frequent cooking, this 2KG pack offers freshness, nutrition, and excellent value.

Swastik Dark Kidney Beans 2KG - Premium Lal Rajma for Authentic Indian Curries & Wholesome Meals

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□ Key Features:

- **100% Natural & Unpolished Dark Kidney Beans (Lal Rajma)**
- **High in Plant Protein & Fiber** – Aids digestion & builds strength
- **Rich in Iron, Magnesium & Potassium** – Supports energy & heart health
- **Firm Texture & Deep Flavor** – Best for slow-cooked curries
- **Hygienically Packed for Purity & Long Shelf Life**

□ Health Benefits:

- Supports healthy metabolism and weight control



- Promotes digestive wellness and keeps you full longer
- Low in fat and cholesterol – ideal for heart-healthy and diabetic diets
- Perfect protein source for vegetarians and vegans

□ **Usage Ideas:**

- Prepare **Rajma Masala** with jeera rice for a classic North Indian meal
- Use in **soups, Mexican chili, stews, and salads**
- Great for weekly meal prep and lunchbox recipes

□ **Pack Size: 2 Kilograms**

□ **Brand: Swastik**

Choose **Swastik Dark Kidney Beans 2KG** – the premium rajma trusted by Indian families for taste, nutrition, and consistent quality.

Categories: Lentile