

DESI VAAL (KAJU) 1KG



Swastik Desi Vaal (Kaju), also known as **Field Beans** or **Indian Broad Beans**, is



a traditional legume used widely in **Gujarati, Maharashtrian, and South Indian cuisines**. These beans have a **rich, nutty flavor** and a **soft, creamy texture** once cooked—perfect for making **vaal nu shaak, usal, biryanis, vaal dal, and sprouts**.

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Naturally rich in **protein, fiber, iron**, and other essential nutrients, this **1Kg pack** supports a healthy, vegetarian diet and is ideal for daily home cooking.

Key Features:

- ☐ 100% Pure & Natural Desi Vaal (Indian Broad Beans)
- ☐ Excellent Source of Plant-Based Protein & Iron
- ☐ Ideal for Usal, Vaal Nu Shaak, Sprouts, and Traditional Curries
- ☐ Unpolished, Cleaned & Ready for Soaking
- ☐ Hygienically Packed for Freshness & Long Shelf Life

Categories: Lentile