

JAMMU RAJMA 1KG



Experience the **rich, creamy taste** of authentic **Jammu Rajma** with Swastik's



premium 1kg pack. These **plump, dark red kidney beans** are naturally grown in the fertile soils of Jammu, offering superior flavor and texture for your favorite **rajma-chawal** and other dishes.

Swastik Jammu Rajma 1kg - Premium Kidney Beans from Jammu

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□ Key Benefits:

- ✓ **Authentic Jammu Quality** – Known for their **thicker skin & creamier texture**
- ✓ **High Protein & Fiber** – 24g protein & 25g fiber per 100g (when cooked)
- ✓ **Versatile Usage** – Perfect for **rajma curry, salads, Mexican dishes & more**
- ✓ **No Artificial Additives** – 100% natural with no preservatives
- ✓ **Easy to Cook** – Softens perfectly when soaked & pressure cooked

□ Perfect For:

- Classic Punjabi-style rajma masala
- Healthy bean salads
- Mexican burritos & wraps
- Vegan/vegetarian protein sources

□ Cooking Tips:

1. Soak overnight (8-12 hours) for best results
2. Pressure cook with fresh water (30-35 mins)
3. Cook with tomatoes, onions & spices for authentic flavor



Categories: Lentile