**Lobia Masala**

Prep time: 4 hours Cook time: 30 min

**Ingredients:**

**For Cooking Lobia:**

* 1 cup lobia (black-eyed beans), rinsed and soaked for 4 hours
* 2 cups water
* Low sodium salt, to taste

**For the Masala Gravy:**

* 1 tbsp oil
* 1 tsp jeera (cumin seeds)
* 1-inch dalchini (cinnamon stick)
* 1 bay leaf (tej patta)
* 3 cloves (laung)
* 1 tsp ginger-garlic paste
* 1 green chili, chopped
* 2 onions, finely chopped
* 2 tomatoes, pureed
* 1 tsp red chili powder
* ½ tsp haldi (turmeric powder)
* 2 tsp dhaniya powder (coriander powder)
* 1 tsp jeera powder
* 1 tbsp kasuri methi (dried fenugreek leaves), crushed
* 1 tsp garam masala
* 2 tbsp fresh coriander leaves, chopped
* Low sodium salt, to taste

**Instructions:**

**Cook the Lobia**

1. Pressure cook the soaked lobia with 2 cups of water and salt for 2 whistles on medium heat.
2. Let the pressure release naturally, then keep the cooked lobia aside.

**Prepare the Masala Base**

1. Heat 1 tbsp oil in a pan. Add cinnamon, cloves, bay leaf, and jeera, and let them crackle.
2. Add ginger-garlic paste and sauté for 30 seconds until fragrant.
3. Add chopped onions and sauté until light brown.
4. Stir in green chili and tomato puree, and let it simmer for 3 minutes.
5. Add red chili powder, turmeric, jeera powder, and dhaniya powder, and mix well.
6. Cook the masala on medium heat until oil separates from the sides.

**Combine & Simmer**

1. Add the cooked lobia along with its water into the pan.
2. Stir well and let it simmer for 5 minutes.
3. Using the back of a spoon, gently mash a few lobia to thicken the gravy.
4. Add crushed kasuri methi and garam masala, mix well, and turn off the heat.

**Garnish & Serve**

1. Garnish with chopped fresh coriander leaves.
2. Serve hot with steamed rice, roti, or sourdough bread.