

Anglo-Indian Beef Stew

Yield: 5 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/anglo-indian-stuffing-recipe>

Ingredients:

- 1 kilogram stew beef cubed
- 1 liter beef stock
- 3 tablespoons vegetable canola, or sunflower cooking oil
- 2 onions sliced thin
- 2 bay leaves
- 2 star anise
- 8 cloves
- 10 peppercorns
- 5 cardamom pods split
- 2 inches cinnamon stick
- 2 tablespoons ginger paste
- 3 tablespoons garlic paste
- 2 tablespoons wheat flour
- 1/2 cup light soy sauce
- 1/2 cup tomato ketchup
- 1 tablespoon chili sauce
- 2 tomatoes large or 3 medium-sized, finely chopped
- 1 cup carrots cubed
- 1 cup green peas shelled
- 3 large potatoes cut into 4 pieces each
- 1 cup green beans cut into 1" pieces
- 1 cup cauliflower florets
- 1/2 cup radish cubed
- 1/2 cup pearl onions
- 2 green chilies slit
- salt to taste

Nutrition:

1. Calories: 380 calories

2. Carbohydrate: 78 grams
 3. Fat: 1 grams
 4. Fiber: 14 grams
 5. Protein: 17 grams
 6. Sodium: 2420 milligrams
 7. Sugar: 21 grams
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