

# Beef Vindaloo

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 jar curry paste Pataks vindaloo, 283gm
- 2 teaspoons ground ginger
- 2 teaspoons garlic ground
- 2 teaspoons sugar
- 1 kilogram beef cut up in to big chunks
- 1 can diced tomatoes
- 2 onions sliced large
- 5 carrots chopped in to big pieces
- 2 large potatoes chopped in to large pieces
- 3 cups peas

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 170 milligrams
4. Fat: 38 grams
5. Fiber: 13 grams
6. Protein: 59 grams
7. SaturatedFat: 15 grams
8. Sodium: 240 milligrams
9. Sugar: 18 grams
10. TransFat: 2.5 grams

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