

Slow-cooked Indian Beef and Potato Curry.

Yield: 4 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooked-indian-recipe>

Ingredients:

- 1 kilogram beef preferably with less fat in it, skirt steak cut would be ideal
- 1/4 cup oil
- 1 teaspoon mustard seeds
- 1/2 teaspoon fenugreek seeds
- 6 garlic pods minced
- 1 tablespoon ginger minced or grated
- 2 onions large, finely sliced
- 1 tablespoon turmeric powder
- 2 tablespoons coriander powder
- 1 tablespoon cumin powder
- 2 tablespoons chilli powder
- salt to season
- 3 tablespoons vinegar
- 2 tablespoons Garam Masala
- 3 large potatoes cut in to 1 and 1/2 inch cubes
- cup water extra, to be used as needed
- 1/2 cup coriander leaves chopped, for garnish, optional

Nutrition:

1. Calories: 940 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 170 milligrams
4. Fat: 53 grams
5. Fiber: 10 grams
6. Protein: 55 grams
7. SaturatedFat: 16 grams
8. Sodium: 410 milligrams

9. Sugar: 5 grams
 10. TransFat: 2.5 grams
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