

Nadan Beef Curry ~ Kerala Beef Curry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 pound beef cut into cubes and cleaned
- 1 1/2 cups red onion sliced
- 2 chillies slit
- 1 tablespoon ginger finely chopped
- 1 tablespoon finely chopped garlic
- 1/2 teaspoon pepper powder
- 1/2 tablespoon red chilly powder
- 1 tablespoon coriander powder
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon fennel seeds
- 2 star anise /thakolam
- 2 cinnamon sticks 1 inch pieces
- 2 cloves
- 2 cardamom
- salt to taste
- 1 sprig curry leaves
- 3 tablespoons oil

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 75 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 8 grams
8. Sodium: 280 milligrams

9. Sugar: 3 grams
 10. TransFat: 1 grams
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