

# Pakistani Keema Beef Curry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/lobia-keema-recipe-pakistani>

## Ingredients:

- 3 tablespoons olive oil
- 1 brown onion medium, finely diced
- 1 clove garlic minced
- 1 1/8 pounds beef mince
- 1 1/2 tablespoons curry powder
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- 1/8 teaspoon turmeric
- 1 beef oxo, crushed and dissolved in 200mls water
- 7/8 pound tomatoes cans of tinned
- 3 potatoes diced into 1cm cubes
- 3 cups peas
- steamed rice or Boiled, to serve

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 160 milligrams
4. Fat: 46 grams
5. Fiber: 11 grams
6. Protein: 56 grams
7. SaturatedFat: 16 grams
8. Sodium: 770 milligrams
9. Sugar: 12 grams
10. TransFat: 2.5 grams

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