

Pakistani Beef Stew

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-beef-dishes-recipe>

Ingredients:

- 2 pounds beef 1 Kg boneless, stew cut beef cut into 1" cubes
- 2 onions medium
- 1 garlic bulb
- 10 red chilies Dried
- 2 teaspoons coriander seeds Whole
- 1 teaspoon cumin White, Zeera
- 9 cloves
- 3 cardamoms Black
- 4 cinnamon sticks 2 inch
- 12 black peppercorns whole
- 1/2 teaspoon salt or to taste
- 1 cup yogurt
- 4 tomatoes chopped
- 1/2 cup oil or Ghee
- 1/2 liter water
- 4 green chilies
- ginger Sliced
- coriander for garnishing, optional

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 105 milligrams
4. Fat: 43 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 11 grams
8. Sodium: 330 milligrams
9. Sugar: 7 grams

10. TransFat: 1.5 grams

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