

Instant Pot Pakistani Haleem

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-haleem-recipe-youtube>

Ingredients:

- 1/4 cup ghee
- 2 cups onions thinly sliced
- 1 pound boneless skinless chicken thighs left whole
- 4 cups water
- 1/2 cup wheat berries cracked
- 1/2 cup chana dal split, or a mix of other split dals such as urad, toor, red lentils etc
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon cayenne
- 2 teaspoons Garam Masala divided
- 1/4 cup ginger julienned
- 1/2 cup chopped cilantro
- 2 tablespoons ghee

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Fiber: 10 grams
6. Protein: 33 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 160 milligrams
9. Sugar: 6 grams

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