

Tikka Masala Seasoning

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-tikka-masala-recipe-spices-of-india>

Ingredients:

- 2 cups basmati rice
- 1 cinnamon stick
- 2 whole cloves
- 2 whole cardamom pods
- 1/2 teaspoon sea salt kosher/
- 1 tablespoon butter or ghee
- 1/2 medium onion chopped
- 2 cloves garlic finely minced
- 3 tablespoons tikka masala seasoning
- 1/2 teaspoon chili powder cayenne, optional
- 1 teaspoon sea salt kosher/
- 1 tablespoon sugar
- 14 ounces crushed tomatoes
- 14 ounces garbanzo beans drained
- 1 cup unsweetened coconut milk
- 1 tablespoon dried fenugreek leaves optional
- 2 cups turkey cooked, diced

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 118 grams
3. Cholesterol: 40 milligrams
4. Fat: 24 grams
5. Fiber: 11 grams
6. Protein: 26 grams
7. SaturatedFat: 16 grams
8. Sodium: 1390 milligrams
9. Sugar: 6 grams

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