

Goat Curry

Yield: 4 min

Total Time: 205 min

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

Ingredients:

- 1 onion large, roughly chopped
- 10 garlic cloves
- 1 cup ginger chopped
- 6 3/4 tablespoons vegetable oil
- 2 chillies scotch bonnet, chopped
- 1 handful curry leaves
- 3 thyme sprigs
- 4 tablespoons mild curry powder
- 1 9/16 pounds mutton or goat shoulder, diced
- 2 11/16 cups chopped tomatoes
- 1 1/4 cups lamb stock
- 1 3/4 cups kidney beans can pinto
- 1/2 lemon
- 1 bunch coriander chopped
- rice
- roti

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 140 milligrams
4. Fat: 30 grams
5. Fiber: 8 grams
6. Protein: 50 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 260 milligrams
9. Sugar: 6 grams
10. TransFat: 0.5 grams

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