

# CREAMY MUSHROOM MASALA CURRY (No, Onions- No, Garlic)

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/cream-mushroom-indian-recipe>

## Ingredients:

- 200 grams button mushrooms
- 1/2 cup green peas fresh or frozen
- 3 large tomatoes
- 1 inch ginger piece
- 1 green chilli /jalapeno/serrano
- 1/4 cup almonds /cashew nuts
- 2 cloves
- 1 teaspoon jeera /cumin seeds
- 2 green cardamoms
- 1/2 teaspoon black pepper powder
- 1/4 teaspoon haldi /turmeric powder
- 1 teaspoon Kashmiri red chili powder
- 1 tablespoon coriander powder
- 1/2 teaspoon kasoori methi /dried fenugreek leaves, crushed
- 1/4 teaspoon asafetida powder hing/
- 1/4 cup curd /yogurt, whipped smooth
- 1/2 teaspoon garam masala powder
- salt to taste
- 1 pinch sugar
- 2 tablespoons oil
- 1 tablespoon ghee /clarified butter
- coriander optional
- cilantro optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 240 milligrams
9. Sugar: 6 grams

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