

Instant Pot Tikka Masala – Vegan Tikka Masala Sauce

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/takeaway-indian-tikka-masala-sauce-recipe>

Ingredients:

- 1 teaspoon oil
- 1 small onion chopped, I usually just process the onion, garlic, ginger and chilli to chop in a processor or a chopper
- 6 cloves garlic finely chopped
- 1 inch ginger finely chopped
- 1 green chili such as serrano or bird's eye
- 1 teaspoon turmeric
- 1 teaspoon paprika combination of sweet and smoked
- 1 teaspoon coriander powder
- 1/2 teaspoon cayenne
- 1 teaspoon Garam Masala
- 2 teaspoons dried fenugreek leaves plus more for garnish
- 1/4 cup green bell pepper or chopped red
- 28 ounces diced tomatoes
- 15 ounces ripe tomato
- 1/2 cup non dairy yogurt plain unsweetened, plain lightly sweetened also works
- 3/4 teaspoon salt
- 1/4 cup non dairy cream such as cashew, soy or coconut, optional
- smoked paprika or cayenne for garnish, optional

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 6 grams
6. Protein: 5 grams

7. SaturatedFat: 0.5 grams
 8. Sodium: 470 milligrams
 9. Sugar: 11 grams
-

Thank you for visiting our website. Hope you enjoy Instant Pot Tikka Masala – Vegan Tikka Masala Sauce above. You can see more 19 takeaway indian tikka masala sauce recipe Dive into deliciousness! to get more great cooking ideas.