

# Punjabi Goat Curry

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/red-beans-goat-curry-recipe-indian>

## Ingredients:

- 2 pounds goat bone-in, pieces
- 2 tablespoons oil
- 2 onions large, chopped
- 3 bay leaves
- 2 teaspoons ground cumin
- 1/2 teaspoon cardamom seed
- 2 cinnamon sticks small
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 1/2 teaspoons sugar
- 1/2 teaspoon ground red pepper
- 1/8 teaspoon ground cloves
- 2 tablespoons chopped garlic
- 2 1/2 tablespoons grated ginger
- 1 tablespoon ground coriander
- 2 teaspoons ground turmeric
- 2 teaspoons Garam Masala
- 28 ounces crushed tomatoes
- 14 1/2 ounces diced tomatoes with juice canned
- green chillies sliced hot, as desired

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 185 milligrams
4. Fat: 12 grams
5. Fiber: 8 grams
6. Protein: 56 grams
7. SaturatedFat: 3 grams

8. Sodium: 1570 milligrams

9. Sugar: 7 grams

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