

Kerala Style Mutton Stew

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/green-pea-soup-recipe-indian>

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 2 cardamom pods
- 4 black peppercorns
- 1 bay leaf
- 1 star anise
- 1 1/4 pounds mutton pref. soup cut
- 1 onion medium sized, sliced
- 1/2 inch ginger sized, crushed
- 3 cloves garlic crushed
- 4 green chilies slit
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon coriander powder
- 1 teaspoon pepper powder
- 1 sprig curry leaves
- 1 cup water
- 1 carrot cubed
- 12 beans sliced
- 1 potato cubed
- 1/3 cup green peas frozen
- 1 cup coconut milk thin
- 1/2 teaspoon fennel powder
- 1/2 cup coconut milk thick
- 1 teaspoon crushed peppercorns
- oil as required
- salt as required
- 1 tablespoon ghee /butter
- 4 pearl onions sliced
- 1 sprig curry leaves
- 6 cashews

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 110 milligrams
4. Fat: 32 grams
5. Fiber: 9 grams
6. Protein: 37 grams
7. SaturatedFat: 21 grams
8. Sodium: 310 milligrams
9. Sugar: 14 grams

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