

Keema Beef Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-curry-recipe-indian>

Ingredients:

- 1 tablespoon olive oil divided
- 2 Yukon Gold potatoes large, about 1 lb diced into 1/2" cubes
- 1 pound ground beef
- 1 large onion diced to 1/2"
- 1 tablespoon fresh ginger grated
- 2 cloves garlic minced
- 1 teaspoon kosher salt or sea
- 1 teaspoon cracked black pepper
- 1 1/2 tablespoons curry powder
- 1 teaspoon Garam Masala
- 1/2 teaspoon turmeric
- 1 tablespoon tomato paste
- 14 ounces fire roasted diced tomatoes
- 14 ounces unsweetened coconut milk full-fat
- 1 cup peas frozen baby
- 2 tablespoons cilantro plus additional for serving
- lime juice to taste, for serving
- rice or naan for serving

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 75 milligrams
4. Fat: 45 grams
5. Fiber: 11 grams
6. Protein: 32 grams
7. SaturatedFat: 28 grams
8. Sodium: 870 milligrams
9. Sugar: 7 grams

10. TransFat: 1 grams

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