Indian Ground Beef Coconut Curry

Yield: 4 min
Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/recipe-for-ground-beef-indian-style

Ingredients:

- 2 tablespoons coconut oil
- 1 teaspoon black mustard seeds
- 1 red onion large, finely chopped
- 1 serrano pepper minced, I used a small one to make a mild curry. Add more if you like it spicy
- 2 sprigs curry leaves
- 1 tablespoon garlic minced, ~4 garlic cloves
- 1 inch ginger piece, minced
- 2 teaspoons masala homemade meat
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon chili powder Kashmiri
- 1/2 teaspoon fine sea salt
- 1 pound ground beef grassfed
- 3 medium carrots chopped
- 1 potato chopped, optional
- 1 can coconut milk canned and full fat, add more coconut milk or water if you like a thinner curry
- salt
- pepper

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 75 milligrams
4. Fat: 48 grams
5. Fiber: 7 grams
6. Protein: 26 grams
7. SaturatedFat: 34 grams

8. Sodium: 620 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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