

Pressure Cooker Lazy Ground Beef Curry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 pound ground beef I used 15% fat to get it juicy
- 1/2 onion sliced thin and slices cut into half again
- 2 inches minced ginger chopped
- 4 cloves garlic finely chopped
- 2 tomatoes chopped
- 1 teaspoon Garam Masala
- 2 bay leaves
- 1 teaspoon salt
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 2 inches cinnamon piece of
- 3 green cardamom pods
- 1/2 cup water
- 1 tablespoon fennel seeds ground
- 1 teaspoon ground ginger
- 1 teaspoon black salt available at Indian grocery stores
- 1 cup peas added at the end

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 1270 milligrams

9. Sugar: 5 grams
 10. TransFat: 1 grams
-

Thank you for visiting our website. Hope you enjoy Pressure Cooker Lazy Ground Beef Curry above. You can see more 19 ground beef peas indian recipe Experience flavor like never before! to get more great cooking ideas.