

Ground Beef Sweet Potato Curry

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/vinagrete-brazilian-tomato-slaw-recipes>

Ingredients:

- 2 sweet potatoes peeled and cut in half
- 2 onions peeled and quartered
- 4 tomatoes
- 1/4 pound ground beef
- 27 ounces unsweetened coconut milk full fat
- 3 tablespoons minced garlic
- 4 teaspoons Garam Masala
- 1 1/2 teaspoons coriander
- 2 teaspoons paprika
- 1/2 teaspoon cayenne to taste
- 1 1/4 teaspoons salt
- pepper to taste
- 1 cup frozen peas

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 20 milligrams
4. Fat: 51 grams
5. Fiber: 12 grams
6. Protein: 15 grams
7. SaturatedFat: 42 grams
8. Sodium: 870 milligrams
9. Sugar: 16 grams

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