

Keto Beef Curry

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 1/3 pounds beef Chuck or any slow cooking cut
- 3 1/2 ounces onion
- 3 1/2 ounces tomato
- 1 2/3 tablespoons ginger
- 1 1/8 tablespoons garlic
- 1 1/4 cups water
- 6 3/4 tablespoons coconut milk Try this one
- 1 teaspoon chilli powder Kashmiri Red, I use this
- 1/2 teaspoon tumeric powder I recommend this one
- 1 teaspoon coriander powder I recommend this one
- 1/2 teaspoon garam masala powder I recommend this one
- 1 teaspoon cumin powder I recommend this one
- 1 teaspoon mustard seeds Buy Online
- 2 red chillies Dried Kashmiri, Buy Online
- asafoetida a pinch of hing/, Buy Online
- 1 handful curry leaves Buy Online
- 1 cinnamon stick Buy Online
- 2 bay leaves Buy Online
- 4 cardamom pods Buy Online
- 8 whole black peppercorns Buy Online
- 2 tablespoons olive oil for frying I use this
- salt to Taste

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 100 milligrams
4. Fat: 36 grams
5. Fiber: 4 grams

6. Protein: 31 grams
7. SaturatedFat: 15 grams
8. Sodium: 310 milligrams
9. Sugar: 3 grams
10. TransFat: 1.5 grams

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