

Nihari (Indian Beef Stew)

Yield: 4 min
Total Time: 240 min

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

Ingredients:

- 2 pounds beef shank or 1 ½ lb boneless beef
- 1 bay leaf
- 1 inch cinnamon sticks 2
- 1 1/2 teaspoons ginger paste + 1 ½ teaspoons
- 1 1/2 teaspoons garlic paste + 2 teaspoons
- 1 onion large, thinly sliced
- 1 teaspoon red chili powder
- 2 1/2 teaspoons masala Nihari
- 1 teaspoon salt
- 2 tablespoons whole wheat flour
- 1 piece fresh ginger One inch, julienned
- 1/4 cup chopped cilantro
- 1 lemon sliced
- 2 tablespoons fennel seeds
- 2 tablespoons cumin seeds
- 4 green cardamom pods
- 1 black cardamom pods
- 8 cloves
- 15 whole black peppercorns
- 1 teaspoon ground ginger
- 1/4 teaspoon nutmeg powder
- 1/4 teaspoon cinnamon powder
- 1 bay leaf

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 90 milligrams
4. Fat: 12 grams

5. Fiber: 9 grams
6. Protein: 54 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 780 milligrams
9. Sugar: 2 grams

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