

# Easy Beef Curry

Yield: 4 min  
Total Time: 80 min

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

## Ingredients:

- 800 grams beef With Bones diced into Chunks
- 1/4 cup coconut / Vegetable Oil
- 1 cup onions Chopped
- 2 cups chopped potatoes
- 100 grams yoghurt Natural/Plain
- 5 cloves
- 1 teaspoon turmeric powder
- 1 teaspoon black pepper
- 2 cups carrots Chopped
- 1/2 teaspoon ground cinnamon
- 3 cardamom pods
- 1/2 teaspoon black ground pepper
- 1 teaspoon coriander powder
- 1 teaspoon chilli powder
- 2 tablespoons minced ginger
- 1 tablespoon minced garlic
- 1 teaspoon cumin powder
- spring onions Handful Chopped
- 2 red chillis Chopped
- 2 bay leaves
- salt to Taste

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 140 milligrams
4. Fat: 33 grams
5. Fiber: 7 grams
6. Protein: 42 grams

7. SaturatedFat: 14 grams
  8. Sodium: 400 milligrams
  9. Sugar: 7 grams
  10. TransFat: 2 grams
- 

Thank you for visiting our website. Hope you enjoy Easy Beef Curry above. You can see more 19 indian beef yogurt recipe Get ready to indulge! to get more great cooking ideas.