

# Indian Masala Spaghetti and Meatballs

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chicken-broth-recipe-with-turmeric>

## Ingredients:

- 1 pound ground meat I used ground chicken
- 3 cloves garlic grated
- 1 tablespoon fresh ginger grated
- 10 leaves minted finely minced
- 10 curry leaves finely minced
- 1/4 onion grated
- 1 teaspoon ground cumin
- 1 tablespoon garam masala powder
- 1 slice bread crumbed
- 1/2 teaspoon crushed red chili flakes or to taste
- salt
- pepper
- 1 onion medium, chopped
- 2 carrots grated
- 2 stalks celery diced
- 2 cups fresh tomatoes diced
- 3 cloves garlic grated
- 2 tablespoons ginger grated
- 25 curry leaves torn
- 3 green chiles seeded and sliced
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 tablespoon curry powder McCormick brand recommended
- 1/2 tablespoon garam masala powder
- 1/2 teaspoon red chili flakes or to taste
- 1/4 teaspoon turmeric
- 2 cups chicken broth
- salt
- pepper

## **Nutrition:**

1. Calories: 270 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 4 grams
8. Sodium: 470 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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