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Vegan creamy gravy for Indian curries

Yield: 4 min
Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/recipe-for-indian-curries

Ingredients:

- 3 tablespoons oil
- 1 cup diced onions
- 1 cup diced tomatoes
- 1/2 cup cashews
- 1/2 teaspoon red chili powder or 5 green chilies
- water
- salt
- 1/2 teaspoon ginger garlic paste optional
- 1/2 teaspoon coriander powder
- cilantro Kothambir

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 15 grams
3. Fat: 23 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. SaturatedFat: 3 grams
7. Sodium: 210 milligrams
8. Sugar: 5 grams

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