

The Best Curry Simmer Sauce

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 3 tablespoons coconut oil like this or ghee, like this
- 1 onion medium, chopped
- 1 teaspoon cumin seeds like these
- 6 cloves garlic fresh, minced
- 2 teaspoons turmeric powder like this
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon Garam Masala like this
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon cardamom powder like this
- 2 medium tomatoes quartered
- 1/2 cup coconut milk where to buy BPA and additive free coconut milk
- 1/2 cup bone broth homemade, recipe [HERE](#)
- 2 tablespoons fresh lemon juice
- 3 inches fresh ginger piece of
- 1 handful fresh cilantro
- 1 teaspoon sea salt unrefined, I use this one

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 24 grams
3. Fat: 36 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 30 grams
7. Sodium: 1320 milligrams
8. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy The Best Curry Simmer Sauce above. You can see more 16 indian curry sauce recipe coconut milk Cook up something special! to get more great cooking ideas.