

# Pav Bhaji – Indian Sloppy Joes

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/paav-bhaji-recipe-indian-survival-guide>

## Ingredients:

- 5 medium potatoes
- 4 cloves garlic
- 1 cup green peas
- 1/2 tablespoon butter
- 1/2 tablespoon oil
- 1/2 teaspoon cumin seeds
- 1 onion medium
- 2 cups cauliflower chopped
- 1 bell pepper chopped
- 1 can tomatoes pureed, can also use tomato sauce or fresh tomatoes
- 2 tablespoons masala Shan pav bhaji, any brand can be used
- 1 teaspoon coriander powder
- 1 teaspoon chilli powder
- turmeric
- salt to taste

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 12 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 250 milligrams
9. Sugar: 10 grams

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