

Indian Ground Lamb Curry

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/peas-tomato-recipe-indian>

Ingredients:

- 2 tablespoons ghee Grassfed Organic
- 1 pound ground lamb
- 1 cup peas
- 2 potatoes chopped
- 3 carrots chopped
- 1 onion diced
- 4 cloves garlic minced
- 1 inch fresh ginger minced
- 2 serrano peppers adjust according to your taste
- 4 tomatoes chopped
- 1 tablespoon coriander powder
- 1 teaspoon paprika
- 1 teaspoon masala meat
- 1/2 teaspoon cumin powder
- 1/2 teaspoon chili powder Kashmiri, or cayenne
- 1/4 teaspoon turmeric powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup tomato sauce organic
- cilantro optional:, for garnish

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 85 milligrams
4. Fat: 34 grams
5. Fiber: 11 grams
6. Protein: 27 grams
7. SaturatedFat: 12 grams

8. Sodium: 980 milligrams
 9. Sugar: 16 grams
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