

Keema Curry (keema Matar)

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons vegetable oil
- 1 cinnamon stick
- 2 cardamon pods
- 1 onion med-large, 1 1/2 cups small dice
- 1 tablespoon garlic finely diced
- 1 tablespoon ginger finely diced
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon chili powder or more to taste
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 1 pound ground beef
- 450 grams beef mince
- 1 tomato finely diced
- 1 cup frozen peas 140g
- 1/4 cup water 60ml

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 155 milligrams
4. Fat: 41 grams
5. Fiber: 3 grams
6. Protein: 45 grams
7. SaturatedFat: 14 grams
8. Sodium: 190 milligrams
9. Sugar: 4 grams
10. TransFat: 2.5 grams

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