

Indian Curry Sauce (Onion Tomato Bhuna Masala)

Yield: 6 min
Total Time: 65 min

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

Ingredients:

- 1/2 cup oil
- 5 onions yellow medium diced
- 10 cloves garlic minced
- 2 inches ginger grated
- 4 green chili pepper I used Thai chili, optional
- 6 tomatoes medium chopped, I used Roma tomatoes
- 2 teaspoons red chili powder Kashmiri, adjust to taste
- 5 teaspoons coriander powder Dhaniya powder
- 1 teaspoon ground turmeric Haldi powder
- 2 teaspoons salt

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 19 grams
3. Fat: 19 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 810 milligrams
8. Sugar: 9 grams

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