

# Indian Lamb & Spinach Curry

Yield: 7 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-lamb-leg-indian-recipe>

## Ingredients:

- 1/3 cup canola oil
- 3 yellow onions chopped
- 4 garlic cloves minced
- 2 inches fresh ginger piece, peeled and grated
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 1 1/2 teaspoons ground turmeric
- 2 cups beef broth
- 3 pounds leg of lamb boneless, cut into 1-inch cubes
- 1 tablespoon salt plus more, to taste
- 6 cups baby spinach
- 2 cups plain yogurt

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 135 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 6 grams
8. Sodium: 1410 milligrams
9. Sugar: 5 grams

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