

Keema Kaleji / Mutton Mince and Liver in a Spicy Curry

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 4 tablespoons oil
- 4 black cardamom
- 1 onion
- 2 teaspoons garlic paste
- 3 tablespoons tomato puree
- 3 teaspoons coriander powder
- 2 teaspoons red chili powder
- 1/2 teaspoon turmeric powder
- garam masala powder – 1/2 tsp
- salt to taste
- 2/3 pound keema
- liver Mutton, Kaleji – 200 g
- 2 teaspoons lemon juice
- fresh coriander for garnishing, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 125 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 9 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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