

# Indian Pot Roast

Yield: 12 min  
Total Time: 360 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-pot-roast-beef-recipe>

## Ingredients:

- 4 pounds boneless beef chuck roast
- 3 cloves garlic crushed
- 1 piece ginger crushed
- 3 red chilies dried, broken
- 3 whole black peppercorns coarsely crushed
- 3 whole cloves
- 1 piece cinnamon stick
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon ground coriander
- salt to taste
- 3 cups water
- 1 tablespoon vegetable oil
- 2 onions sliced
- 1/2 teaspoon chili powder
- 2 tomatoes large, chopped
- 1/2 cup ketchup
- 2 tablespoons tomato puree
- 1 teaspoon ground black pepper
- 2 tablespoons chopped fresh cilantro

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 100 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 11 grams
8. Sodium: 290 milligrams

9. Sugar: 4 grams

---

Thank you for visiting our website. Hope you enjoy Indian Pot Roast above. You can see more 18 indian pot roast beef recipe Deliciousness awaits you! to get more great cooking ideas.