

Ground Beef Curry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 pound ground beef grass fed
- 1 pound beef heart grass fed ground, can grind in your food processor
- 1 onion medium, chopped
- 4 cloves garlic minced
- jalapeno pepper Whole organic, minced
- 1 1/2 inches ginger whole, peeled and minced
- 2 tablespoons ghee butter, lard, coconut oil, fat of choice
- 1 teaspoon mustard seeds organic
- 1/2 teaspoon fenugreek organic ground
- 2 teaspoons cumin organic
- 2 teaspoons coriander organic
- 1/2 teaspoon turmeric organic
- 1/2 teaspoon paprika organic
- 1/8 teaspoon black pepper organic
- 1/2 teaspoon Garam Masala organic
- 1/4 teaspoon cloves organic
- 2 teaspoons sea salt
- 1 medium tomato chopped
- 1 cup coconut milk

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 220 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 45 grams
7. SaturatedFat: 21 grams
8. Sodium: 1380 milligrams

9. Sugar: 5 grams
 10. TransFat: 1 grams
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