

Bhuna Gosht

Yield: 6 min
Total Time: 65 min

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

Ingredients:

- 1/4 cup cooking oil
- 3 pods green cardamom
- 1 pod black cardamom
- 2 bay leaves
- 1 cinnamon stick
- 6 onions large, sliced thin
- 6 cloves garlic
- 1 piece fresh ginger root peeled and julienned
- 2 teaspoons red chili powder Kashmiri
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- salt to taste
- 2 tomatoes pureed
- 2 pounds lamb chops rinsed and patted dry
- 2 tablespoons water
- 3 chile peppers green, halved lengthwise
- 1/4 cup cilantro leaves for garnish, optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 105 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 31 grams
7. SaturatedFat: 12 grams
8. Sodium: 320 milligrams
9. Sugar: 6 grams

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