

Authentic Tikka Masala Sauce

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-of-india-tikka-masala-sauce-recipe>

Ingredients:

- 2 tablespoons unsalted butter or ghee
- 1 cup onion 1 medium onion coarsely chopped/sliced
- 1 tablespoon garlic
- 3 cloves
- 1 tablespoon ginger 1-inch piece, minced or grated
- 1 can diced tomatoes
- 14 1/2 ounces Roma tomatoes
- 1 cup raw cashews
- 1 cup water
- spices
- 1 teaspoon salt
- 1 teaspoon turmeric powder
- 2 teaspoons Garam Masala
- 1 tablespoon coriander powder
- 1 cumin powder 1/2 teaspoon
- 1 teaspoon Kashmiri red chili powder or paprika for mild curry
- 6 pods cardamom powder
- 2 teaspoons fenugreek dried, Kasoori Methi
- 1 teaspoon butter optional
- 1 teaspoon agave or honey/sugar, adjust as needed

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 15 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 9 grams
7. SaturatedFat: 6 grams

8. Sodium: 550 milligrams
 9. Sugar: 8 grams
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