

# Instant Pot Beef Curry (Indian)

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 2 tablespoons oil
- 1 onion Large, Finely chopped
- 4 cloves garlic Finely minced
- 1 tablespoon ginger Grated
- 2 tomatoes Medium size, Roughly chopped
- 3 tablespoons yogurt Full fat
- 1/3 cup cilantro Roughly chopped
- 1 teaspoon red chili flakes
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 2 teaspoons Garam Masala
- salt To taste
- 1/4 cup water
- 1 1/2 pounds chuck roast Cut into small cubes, Or use stew meat
- 2 tablespoons cilantro Finely chopped, For garnish, optional

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 115 milligrams
4. Fat: 38 grams
5. Fiber: 2 grams
6. Protein: 34 grams
7. SaturatedFat: 13 grams
8. Sodium: 310 milligrams
9. Sugar: 4 grams

---

Thank you for visiting our website. Hope you enjoy Instant Pot Beef Curry (Indian) above. You can see more 20 chuck roast recipe indian Unlock flavor sensations! to get more great cooking ideas.