

Spicy Minced Beef with Capsicum - Shimla Mirch Keema

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/keema-shimla-mirch-recipe-pakistani>

Ingredients:

- 2 tablespoons oil
- 1 onion medium, finely chopped
- 1 1/8 pounds minced beef I used low fat
- 1 tablespoon garlic paste ginger
- 1 teaspoon salt or to taste
- 1/2 teaspoon red chili powder
- 1/2 turmeric powder
- 2 medium tomatoes finely chopped
- 2 tablespoons yogurt optional
- 1 capsicum small green, /bell pepper, chopped into cubes

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 610 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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