

Khara Masala Beef Keema (whole Spice Beef Mince Curry)

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1/2 kilogram minced meat
- 6 cloves garlic finely chopped
- 1 tablespoon coriander seeds
- 1 teaspoon black peppercorns freshly crushed
- 2 tablespoons cumin seeds
- 2 teaspoons salt or to taste
- 3 large red onions or 3 cups sliced onion
- 2 cups chopped tomato or 3 large tomatoes
- 1 cup coriander leaves freshly chopped
- 1 cup yogurt beaten, at room temperature
- 1/2 cup ghee / oil for cooking.
- 8 whole red chilies
- 1/2 stick canela
- 5 green cardamom
- 2 black cardamom
- 4 cloves
- ginger Julienne cut
- chopped coriander
- lemon juice

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 80 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 26 grams

7. SaturatedFat: 5 grams
 8. Sodium: 1160 milligrams
 9. Sugar: 7 grams
 10. TransFat: 1 grams
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