

Keema Rajma

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 1 1/8 pounds keema mutton mince
- 1 1/4 cups rajma
- 2 onions large, finely sliced and fried to golden brown
- 2 tomatoes large, blanched, peeled and chopped
- 1 tablespoon garlic paste
- 1/2 tablespoon ginger paste
- 2 teaspoons chili paste green, you may adjust the spiciness accordingly
- 1/2 cup yogurt whisked well
- 1 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon kasuri methi
- 1 bay leaf
- salt to taste
- 1 teaspoon ginger juliennes
- 3 green chilies slit
- 2 tablespoons oil
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 3 green cardamom
- 4 cloves
- 1 black cardamom
- 7 black peppercorn black
- 1 inch cinnamon stick
- 1/2 tablespoon coriander seeds

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 54 grams

3. Cholesterol: 95 milligrams
4. Fat: 44 grams
5. Fiber: 13 grams
6. Protein: 39 grams
7. SaturatedFat: 14 grams
8. Sodium: 320 milligrams
9. Sugar: 9 grams

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