

Lamb Tikka Masala

Yield: 6 min
Total Time: 70 min

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

Ingredients:

- 1 1/2 pounds lamb I like loin or sirloin meat for this, trimmed of fat and cut into 1-inch cubes, see Note below
- 1/2 cup yogurt plain, unsweetened
- 3 cloves garlic crushed
- 2 teaspoons spice mix garam masala
- 1/2 teaspoon salt
- 2 tablespoons clarified butter ghee
- 1 large onion peeled, quartered, and thinly sliced
- 2 green bell peppers medium-large, de-seeded and thinly sliced
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 jalapenos seeded and minced, more or less to taste
- 4 cloves garlic grated
- 2 tablespoons fresh ginger grated
- 1 bay leaf
- 3 teaspoons spice mix garam masala, divided
- 1 1/2 teaspoons ground coriander
- 3/4 teaspoon ground cumin
- 1/2 teaspoon crushed red pepper flakes more or less to taste
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cardamom each, ground cloves, ground nutmeg, and ground fenugreek
- 1 cup low sodium beef broth
- 28 ounces tomato sauce
- 2 tablespoons tomato paste
- 2 teaspoons brown sugar or coconut palm sugar, more or less to taste
- 1 tablespoon lemon juice
- 3/4 cup heavy cream
- 1/4 cup chopped parsley fresh, or cilantro, plus more for garnish if desired
- basmati rice Prepared

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 145 milligrams
4. Fat: 48 grams
5. Fiber: 6 grams
6. Protein: 26 grams
7. SaturatedFat: 24 grams
8. Sodium: 1330 milligrams
9. Sugar: 17 grams

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