

# Lamb Korma

Yield: 7 min

Total Time: 180 min

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

## Ingredients:

- 8 cloves
- 1 tablespoon black peppercorns
- 5 green cardamom pods
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 5 tablespoons sesame oil light, or canola oil
- 3 yellow onions medium, roughly chopped
- 2 garlic cloves crushed
- 1 tablespoon ginger grated
- 2 teaspoons turmeric
- 1 teaspoon paprika
- 1 stick cinnamon ground, or 1 teaspoon of ground cinnamon
- 4 tomatoes very big, very ripe, cut into 1-inch chunks OR 1 28-ounce can whole, peeled tomatoes, cut in quarters
- 3 1/2 pounds lamb shoulder boneless, or leg, cut into 1-inch chunks
- 2 1/2 cups water
- 1 1/3 cups full-fat plain yogurt can use Greek style
- salt

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 155 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 49 grams
7. SaturatedFat: 7 grams
8. Sodium: 310 milligrams
9. Sugar: 6 grams

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