

Beef Curry Slow Cooker

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-curry-tofu-recipe>

Ingredients:

- 3 pounds meat
- tofu
- 1 tablespoon curry * see below note
- 1 teaspoon garam masala
- 1 head garlic peeled and smashed, approx 10 cloves
- 1 onion large, peeled and sliced
- 14 ounces coconut milk full fat is best
- 1 teaspoon cornstarch to prevent curdling that sometimes can occur if your pot gets up to a boil. See here, for more information., opt...
- salt to taste at the table

Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 200 milligrams
4. Fat: 85 grams
5. Fiber: 3 grams
6. Protein: 48 grams
7. SaturatedFat: 44 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

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