

# Indian Meatball Curry

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-flavored-meatballs>

## Ingredients:

- 1/4 cup oil
- 2 onions medium, minced
- 4 large garlic cloves minced
- 1 ginger – 2-inch piece of, minced
- 2 teaspoons curry powder
- 1 teaspoon cumin each:, and coriander
- 28 ounces crushed tomatoes
- 1/4 cup plain yogurt cream, coconut milk, or cashew cream, see notes
- 2 tablespoons almond butter or tahini
- 2 teaspoons sea salt
- 2 tablespoons coconut sugar or brown, omit for Whole30, optional
- 2 pounds ground beef
- pork
- lamb
- 2 tablespoons minced ginger each: very finely, and onion
- 1 tablespoon sea salt each:, curry powder, and fish sauce
- 4 garlic cloves minced

## Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 175 milligrams
4. Fat: 56 grams
5. Fiber: 6 grams
6. Protein: 56 grams
7. SaturatedFat: 16 grams
8. Sodium: 3390 milligrams
9. Sugar: 8 grams
10. TransFat: 2.5 grams

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