

Sauteed Beef Kidneys

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-kidney-recipe-indian>

Ingredients:

- 2 whole beef kidneys
- 1/4 cup coconut oil
- 2 white onions or large yellow, sliced
- 3 Thai chilis – 6 red dried, whole
- 2 Anaheim pepper sliced
- 1 bay leaves
- 1 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1 pinch sea salt to taste
- pepper fresh cracked rainbow, to taste
- 1 pinch caraway seeds
- 1 pinch marjoram rub between palms to activate herb

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 23 grams
3. Fat: 15 grams
4. Fiber: 9 grams
5. Protein: 3 grams
6. SaturatedFat: 12 grams
7. Sodium: 100 milligrams
8. Sugar: 12 grams

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