

Mutton Kheema Soup / Ground Goat Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-goat-soup-recipe>

Ingredients:

- 200 grams goat minced, Ground goat
- 1 tablespoon oil
- 1 onion Medium size, chopped
- 1 medium tomato chopped
- 4 green chilies chopped
- 2 bay leaves
- 2 tablespoons coriander leaves /Cilantro, chopped
- 1 sprig thyme Optional
- 1/2 teaspoon black pepper powder
- 1/2 teaspoon turmeric powder
- 2 inches ginger finely chopped
- 4 cups chicken stock or water
- salt to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 50 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 1 grams
8. Sodium: 570 milligrams
9. Sugar: 9 grams

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