

# Indian Mushroom gravy

Yield: 5 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-bell-pepper-indian-recipe>

## Ingredients:

- 1 pound mushrooms I used Portbella, you can use button mushrooms too
- 1 onion Medium size, finely chopped
- 3 tomatoes roughly chopped
- 1 yellow bell pepper or Green, chopped very fine
- 4 green chilies Slit
- 1/2 inch ginger
- 4 garlic cloves
- 3 coriander leaves chopped, / Cilantro for garnishing, optional
- 1 teaspoon jeera /Cumin seeds
- 1/4 teaspoon methi / Dry Fenugreek seeds
- 1/2 teaspoon haldi /Turmeric Powder
- 1 teaspoon red chili powder
- 1 teaspoon coriander powder
- 2 bay leaves Tej patta/
- 5 cloves
- 5 black pepper
- 1 stick canela
- 2 tablespoons oil
- salt to taste
- water
- tomato puree

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 17 grams
3. Fat: 6 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams

7. Sodium: 180 milligrams

8. Sugar: 7 grams

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