

Indian Style Rogan Josh

Yield: 4 min
Total Time: 225 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-rogan-josh-recipe>

Ingredients:

- 1 inch fresh ginger piece, peeled and sliced
- 10 large garlic cloves peeled
- 1/2 cup canola oil
- 3 pounds beef roast chuck, trimmed and cut into 1-inch cubes
- 10 whole cardamom pods
- 3 bay leaves
- 10 whole cloves
- 10 whole peppercorns
- 2 whole cinnamon sticks
- 4 onions peeled and chopped
- 2 teaspoons ground coriander
- 3 teaspoons ground cumin
- 5 teaspoons smoked paprika
- 1 teaspoon Garam Masala
- 1 teaspoon cayenne pepper depending on spice desired
- 1 teaspoon table salt plus more to taste
- 1/2 cup whole plain yogurt Greek is fine
- freshly ground black pepper to taste

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 185 milligrams
4. Fat: 41 grams
5. Fiber: 12 grams
6. Protein: 82 grams
7. SaturatedFat: 7 grams
8. Sodium: 3870 milligrams
9. Sugar: 6 grams

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