

Pakistani Kima - Ground Beef Curry

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-hamburger-recipe>

Ingredients:

- 3 tablespoons oil I recommend coconut oil.
- 1 cup chopped onion I use 1/4 cup minced
- 1 clove garlic minced, see The Easiest Way to Peel Garlic
- 1 pound ground beef or other meat or even chicken. See below for vegan option.
- 1 1/2 tablespoons curry powder See Sweet Curry Powder Recipe. Here's a nightshade free curry.
- 2 1/4 teaspoons salt I recommend Real Salt
- 1/8 teaspoon pepper omit for AIP
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ginger
- 1/8 teaspoon turmeric
- 3 cups tomatoes about 1 1/2 14 oz cans, omit for AIP and use this Tomato Sauce instead.
- 3 potatoes or sweet potatoes, see low carb options below. Use sweet potato for AIP.
- 3 cups peas see low carb/paleo options below. Use snow peas for AIP.

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 75 milligrams
4. Fat: 28 grams
5. Fiber: 11 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 1430 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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