

# Pakistani Keema Kareley (Ground Beef and Bitter Melon)

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 1 onion medium, chopped
- 3 tablespoons olive oil
- 1 pound ground beef washed and rinsed
- 3 small tomatoes chopped
- 1 inch ginger piece, crushed
- 5 garlic cloves crushed
- 2 green chillies chopped
- 1/2 teaspoon chilli powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon cumin seeds
- 1 tablespoon plain whole milk yogurt
- 2 melons medium sized Chinese or Indian\* bitter, seeded and chopped into 1 inch pieces, about 1 lb
- 2 teaspoons salt for prepping the bitter melon
- vegetable oil for frying
- juice a quarter of a lemon optional
- coriander leaves chopped, for garnish, optional

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 80 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams

6. Protein: 25 grams
  7. SaturatedFat: 9 grams
  8. Sodium: 1870 milligrams
  9. Sugar: 17 grams
  10. TransFat: 1.5 grams
- 

Thank you for visiting our website. Hope you enjoy Pakistani Keema Kareley (Ground Beef and Bitter Melon) above. You can see more 19 pakistani kima recipe Ignite your passion for cooking! to get more great cooking ideas.