

# Slow-cooker Tandoori Beef Masala

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-crock-pot-beef-ginger-indian>

## Ingredients:

- 7/8 pound beef lean casserole
- 2 small onions or 1 large
- 1 tablespoon curry powder mild Tandoori
- 2 cloves garlic finely chopped or crushed, or 1 tsp lazy garlic
- 1 ginger thumb-sized piece of, peeled and finely chopped, or 1 tsp lazy ginger
- 2 1/8 cups water
- 1 can chopped tomatoes
- 1 cup red lentils
- 1 sweet potato large, peeled & chopped into small chunks
- 1 green chilli fresh, finely chopped
- 1 lime
- fresh coriander
- salt
- pepper
- cooking spray low calorie

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 70 milligrams
4. Fat: 16 grams
5. Fiber: 20 grams
6. Protein: 35 grams
7. SaturatedFat: 6 grams
8. Sodium: 300 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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