

# MEAT SAMOSA

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/samosa-indian-appetizer-recipe>

## Ingredients:

- pastry sheets-9 to 10 nos, Recipe given below
- beef cubed-250 gms
- 1 teaspoon chilli powder
- 1/2 teaspoon turmeric powder
- pepper powder-1 tsp, or according to taste
- onion chopped finely- 1 no
- ginger chopped- 1 tsp
- garlic chopped- 1 tsp
- green chili chopped-1 or 2 nos
- 1/4 cup grated carrot
- 1/4 cup cabbage
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon fennel powder
- salt to taste
- oil
- 2 tablespoons all purpose flour
- water As required
- 1 cup all-purpose flour
- 1 tablespoon oil
- 1 teaspoon cumin seeds
- water as required
- salt to taste

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 33 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 5 grams

6. SaturatedFat: 0.5 grams
  7. Sodium: 410 milligrams
  8. Sugar: 1 grams
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