

Instant Pot Indian-spiced Simmer Sauce

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-indian-simmer-sauce-recipe>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 3 onions large, finely diced
- 3 cloves garlic finely chopped
- 1 inch fresh ginger knob, peeled and grated
- 3/4 teaspoon fine grain sea salt plus more to taste
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 3/4 teaspoon cayenne pepper
- 1 teaspoon ground turmeric
- 1 tablespoon sweet paprika
- 1 tablespoon Garam Masala
- 28 ounces tomatoes whole, and their liquid, fire-roasted optional
- 1 cup water

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 13 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 310 milligrams
8. Sugar: 6 grams

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