

# Indian Style Meatball Curry

Yield: 6 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-turkey-recipe>

## Ingredients:

- 1 pound turkey ground lean, or chicken
- 1 cup breadcrumbs panko or whole wheat breadcrumbs will work
- 2 large eggs
- 1/2 cup chopped cilantro or parsley
- 1 clove garlic minced
- 2 tablespoons tomato paste canned or homemade
- 1/4 teaspoon sea salt or kosher
- 1/4 teaspoon cayenne pepper or crushed red pepper flakes
- 1 clove garlic minced
- 1/2 cup onions chopped
- 2 tablespoons olive oil divided
- 3 tablespoons curry powder
- 1/4 teaspoon salt divided
- 14 1/2 ounces diced fire roasted tomatoes including the juice
- 1 tablespoon tomato paste

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 120 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 550 milligrams
9. Sugar: 3 grams

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