INDIAN · DINNER

Easy Indian-Spiced Beef Curry

100 min · Serves 6 · 393 kcal a serve · Video 6:50 · Keto Connect

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Slow-simmered beef gives about 34 g protein per serve, plus iron and zinc, while turmeric, ginger and warm spices carry the flavour with only around 2 g net carbs and no flour or sugar.

Diet notes: Keto (2.1 g net carbs a serve).

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Ingredients 14 · SERVES 6

- [ ] 2 tbsp **avocado oil**
- [ ] 1/4 medium **onion**, thinly sliced
- [ ] 2 large **garlic** cloves, sliced
- [ ] 1/2 tsp **ground ginger** (or about 1 inch fresh ginger)
- [ ] 1 tbsp **garam masala**
- [ ] 1 tsp **ground coriander**
- [ ] 1 tsp **ground turmeric**
- [ ] 1 tsp **ground cinnamon** (or 1/2 tsp for a milder curry)
- [ ] 1 tsp **chilli powder**
- [ ] 1 tsp **salt**
- [ ] 2 tbsp **tomato paste**
- [ ] 3/4 cup **water**, plus a little more to nearly cover the meat
- [ ] 2 lb cubed **beef chuck roast** (or stewing beef)
- [ ] 2 small **bay leaves**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Warm the avocado oil in a heavy pot or Dutch oven over medium heat and cook the sliced onion and garlic until soft and fragrant. 1:48
2. Add the ginger, garam masala, coriander, turmeric, cinnamon, chilli powder and salt and stir for a minute so the spices toast into a paste with the onion. 2:01
3. Stir in the tomato paste and 3/4 cup water to make the curry base. 3:32
4. Add the beef and stir to coat, then pour in just enough extra water to nearly cover it and tuck in the bay leaves. 4:09
5. Cover and simmer gently for about 1 1/2 hours (up to 2), stirring once or twice, until the beef is very tender. 4:42
6. Remove the bay leaves. For a thicker sauce, simmer uncovered for a while to reduce it. Serve over cauliflower rice with greens. 4:55

> **Tip** Serves 6 (the cook's written recipe). Serve over cauliflower rice with steamed greens for a full keto meal. Freezes well for up to 3 months.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
393 kcal	33 g	3.6 g
1,650 kJ	67% of a day	2.1 g net · 1 g sugars
		1% of a day

FIBRE	FAT	SODIUM
1.5 g	27 g	450 mg
5% of a day	9.2 g saturated	19% of a day
	34% of a day	

Energy from net carbs 2% · protein 34% · fat 64% — fits keto: 2.1 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Vitamin B12 101% · Zinc 71% · Selenium 57% · Vitamin B6 22%

Source of (10–19%) Iron 19% · Omega-3 17% · Vitamin E 12%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=_7FN6OWdZqI, published 4 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-indian-beef-curry