

Foodnity Recipes

Easy Indian Beef Curry

Slow-cooked Indian beef curry with aromatic spices, tender meat, and a rich, silky sauce—easy enough for any weeknight.

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Indian** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb beef chuck, cut into 1-inch cubes
- [ ] 1 large onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 cup tomato puree
- [ ] 1 cup low-sodium beef broth
- [ ] 2 tbsp vegetable oil

Spice Blend

- [ ] 2 tsp ground cumin
- [ ] 2 tsp ground coriander
- [ ] 1 tsp turmeric
- [ ] 1 tsp paprika
- [ ] ½ tsp garam masala
- [ ] ½ tsp ground cinnamon
- [ ] ¼ tsp cayenne pepper (optional)
- [ ] Salt and pepper to taste

Finishing Touches

- [ ] 2 tbsp honey
- [ ] Juice of 1/2 lemon
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 1 tbsp toasted cashews, chopped

Instructions

1. Season the beef cubes with salt and pepper, then toss in 1 tbsp oil.
2. In a skillet, brown the beef on all sides until a deep caramel color forms. Transfer to the slow cooker.
3. In the same skillet, add remaining oil, sauté onions until translucent, then stir in garlic, ginger, and all spices. Cook for 2 minutes.
4. Add tomato puree and broth, scraping up any browned bits. Pour the mixture over the beef in the slow cooker.
5. Cover and cook on low for 6 hours, or until the meat is fork-tender.
6. Stir in honey and lemon juice, sprinkle garam masala, and let sit for 5 minutes. Garnish with cilantro and cashews before serving.

Nutrition per serving

420 kcal	38 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, whisk in a splash of water.
- For extra richness, finish with a dollop of plain yogurt.
- Adjust salt after the final simmer.