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by ewfood

Recipe: Beef Tagine



Ingredients

2lb. beef, cubed
1 tin chickpeas
1 head cauliflower, chopped
5 carrots, chopped
5 sticks of celery, chopped
3 sweet potatoes, chopped
1 onion, chopped
3 cloves of garlic, chopped
1 tbsp. sea salt
1tsp cumin
1tsp coriander
1tsp tomato paste
½ tsp. cayenne pepper
½ tsp. turmeric
½ tsp. cinnamon
½ tsp. black or white pepper
3 Bay leaves
Cooking oil

Servings
4
Person

Preparation

1. Using a pressure cooker, pour in the cooking oil and brown the meat
2. Add the onions and garlic and sauté until the onions begin to brown
3. Add the chickpeas, spices and tomato sauce mix well and pour in 3 to 4 cups of water or enough to cover the meat
4. Tighten the lid and cook for 20 min
5. Add the carrots and celery the pressure cooker that has cooled down and it is ready to be opened

6 Let the carrots and celery cook for 5 min, then add the cauliflower and the sweet potatoes and 2 cups of water

7 Close the pressure cooker and once more let it cook for about 7 minutes to 10 minutes

8 Serve and enjoy. Can be served with rice or couscous

Cooks Note

Tender chunks of beef simmered with healthy vegetables, best served with rice or couscous. Serves 4 to 6.