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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.
