

Beef Madras

Preparation Time: 10 - 20 minutes • Cook Time: 1-1 ½ hours

Serves 4 - 6

Spice Packet Contains:

Ground cumin, ground coriander, ground ginger, turmeric, chili powder, salt, ground black pepper, almond meal

**Extra packet of hot chili powder*

You Will Need:

- 1 large onion, chopped
- 2 cloves garlic, crushed
- 2 tablespoons cooking oil of your choice
- 2 - 3 pounds chuck or stew beef, cut into 1 or 2-inch pieces
- 2 tablespoons lemon juice
- 1 ½ cups beef broth
- 2 tablespoons tomato paste

Method:

In a 4 - 5 quart pot, cook the diced onions in the oil until translucent. Add the garlic and cook for a minute more.

Turn down the heat and add the contents of the larger spice packet. Cook for another few seconds, stirring constantly.

Add the beef pieces and mix until coated with the onion/garlic/spice mixture.

Add lemon juice, beef broth and tomato paste.

Simmer (on lowest heat) while covered, stirring occasionally for 1 - 1 ½ hours until the beef is tender and the sauce has reduced to the desired thickness. Stir in additional water if sauce is too thick.

**Taste and add extra chili powder, a little at a time, if you like it hotter.*

**Tip: Begin cooking the rice while the dish simmers.*

Vegetables of your choice, eg. cauliflower, green beans, eggplant may be added about 10 minutes before cooking time is complete.

Serve over Basmati rice with a green salad and raita.

Enjoy!

To make raita, combine 1 cup yogurt, 1 cup finely diced cucumber and 2 tablespoons chopped fresh mint leaves.