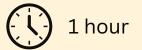
## **Beef and Okra Stew**





## **Ingredients**

- 2 Tablespoon Vegetable Oil
- 1 Onion large, chopped
- 1 pound Beef Top Sirloin *cut into* 1 inch cubes
- 6 cloves of garlic minced
- 1 1/2 tablespoon Coriander Seed ground
- 2 teaspoon Cumin ground
- 1 teaspoon White Pepper ground
- 2 cups of Water
- 2 large Tomatoes or 1 1/2 cup Tomato Paste
- 1 tablespoon Tomato Paste
- 1 Green Chili Peppers seeded and minced
- 1 tablespoon Ginger fresh
- 1 teaspoon of Salt
- 2 cups Okra fresh



## **Directions**

1.Heat oil in a large pot over high heat. Add onion and cook until soft. 2.Add beef, garlic, coriander, cumin, and white pepper. Stir and cook until meat is brown, about 5 minutes. 3.Add water, tomatoes, tomato paste, Chile, ginger, and salt. Stir and bring to a boil. Reduce heat to low. Cover partly and simmer until meat is tender, 30 to 40 minutes. 4.Stir in okra. Simmer 10 minutes.

