

Beef and Okra Stew



Serves 6



1 hour

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.*