

Moroccan Beef Stew



INGREDIENTS (Serves 4-6)

- ¼ cup olive oil, divided
- 2 pounds beef, cut into 1-inch cubes
- 2 cups onions, chopped (1 large)
- 2 cups carrots, chopped (3 medium carrots)
- 2 tablespoons fresh garlic, chopped
- 1 tablespoon paprika
- 2 teaspoons cumin, ground
- 1 teaspoon cinnamon, ground
- 2 cups beef broth
- ½ cup kalamata olives, pitted
- ½ cup raisins
- 1 15 ounce can garbanzo beans, drained
- ½ cup fresh cilantro, chopped
- ½ teaspoon lemon zest

PREPARATION

1. Heat 3 tablespoons of oil in a large, heavy saucepan over medium heat.
2. Sprinkle beef with salt and pepper and add to pan and brown on all sides, about 5-7 minutes. Transfer to plate along with juices.
3. Add 1 tablespoon oil, onion, carrots and garlic to the pan; cook until vegetables are soft, stirring frequently, about 10 minutes.
4. Add spices and stir 1 minute.
5. Add broth, olives, raisins, beans, cilantro and the beef with the juices, and bring it all to a boil. Lower the heat and simmer until juices thicken and beef is tender, about 10-15 minutes.
6. Add lemon zest and serve.

Moroccan Beef Stew

SHOPPING LIST

Produce

- 1 large onion
- 3 medium carrots
- Fresh garlic
- Fresh cilantro
- Lemon

Meat/Poultry/Seafood

- 2 pounds beef

Grocery

- Olive oil
- 2 cups beef broth
- Kalamata olives, pitted
- Raisins
- 1 15-ounce can garbanzo beans

Spices/Seasonings

- Paprika
- Cumin
- Cinnamon

SERVING SUGGESTION

Serve with couscous, flatbread and a green salad.

NUTRITIONAL INFORMATION

Per Serving: 474 calories, 16 g fat, 60 mg cholesterol, 48 g carbohydrates, 12 g dietary fiber, 34 g protein, 259 mg sodium.

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

The Common Market, Frederick, Maryland

