

Ethiopian Beef Stew

This is a delicious and heartwarming dish that includes a lot of spices and is a twist on a typical beef stew. Most of these spices we already have as we use them for baking; such as cinnamon, ground cloves, and nutmeg, they are all very aromatic and carry a sweet undertone. However in Ethiopia these same spices are used in seasoning savory dishes. Try making this stew and experience a delectable travel to another country and culture.

In this recipe I used young calf meat that I purchased from my butcher, although it is a beef, it is much lighter in colour and taste than regular beef. If you can't find young calf loin use regular beef loin available from any supermarket or for a more mild taste substitute with pork loin. Serve it along with rice and a salad for a complete meal.

SERVES 4

INGREDIENTS

1 onion, chopped roughly
3 garlic cloves, chopped
1 tbsp canola oil
13 oz diced beef loin (373 g)
1 tbsp ginger, grated
2 tbsp tomato paste
1/8 tsp cinnamon
1/2 tsp turmeric
1/8 tsp ground cloves
1/8 tsp freshly ground nutmeg
salt and freshly ground black

Heat a medium size pot to medium heat, add oil, onion, garlic, season with salt and pepper and sauté for 5 minutes or until they soften.

Add beef and sauté stirring every few minutes. After 7 minutes, add ginger, tomato paste, cinnamon, turmeric, ground cloves, and nutmeg. Incorporate all the spices together. Add a few tablespoons of water to loosen up the mixture, turn the heat down to very low, cover the pot with a lid and cook everything for 20-30 minutes.

Data per serving.

Calories	171	Sodium	238.5mg
Protein	20g	Cholesterol	55.3mg
Total Fat	8g	Fiber	1.g
Carbohydrates	5g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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