

Keema

- 3 Tbsp canola oil
 - 1 medium onion (or two small), minced
 - 2 carrots, shredded
 - 4 tsp minced garlic
 - 1 Tbsp fresh ginger, minced
 - 2 tsp ground coriander
 - 1 tsp paprika
 - 1/2 tsp curry powder or garam masala
 - 1/2 tsp ground cumin
 - 1/2 teaspoon cayenne pepper
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- 1 lb ground beef
 - 2 medium tomatoes, chopped
 - 1 cup water
 - kosher salt and freshly ground black pepper
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- 1 cup frozen peas, thawed
 - 2 tsp apple cider vinegar
 - 1/4 cup cilantro, chopped finely
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1. In a large skillet, heat the oil and add onions; cook until golden.
 2. Add the garlic and ginger, and sauté for another minute. Stir in the spices, and cook for 1 minute.
 3. Add the beef, breaking up lumps with a spoon, and sauté until the meat is no longer pink.
 4. Add the tomatoes, 1 cup of water, and season with salt and pepper. Simmer, partially covered, about 10 minutes.
 5. Add the peas, and cook until hot through.
 6. Stir in the vinegar and chopped cilantro.
 7. Serve over brown rice.