

Ground Beef Curry (Keema Kari)

Ingredients:

- 3 Tablespoons Olive Oil
- 1 Small Onion -- sliced
- 1 Teaspoon Ginger -- finely chopped
- 2 Cloves Garlic -- finely chopped
- 1/2 Teaspoon Crushed Red Pepper
- 1/4 Teaspoon Turmeric
- 1 Pound Ground Beef
- 2 Tablespoons Mint -- finely chopped
- 1 Teaspoon Salt
- 2 Large Potatoes -- cubed
- 1/2 Cup Water
- 4 Whole Cloves
- 2 Pods Cardamom -- ground
- 1 Stick Cinnamon
- 1 Medium Tomato -- finely chopped
- 1/2 Cup Green Peas
- 1 Teaspoon Cilantro -- finely chopped



Directions:

Heat the oil in a Dutch oven on medium heat and brown onion for 2 minutes.

Add ginger, garlic, chili flakes, and turmeric, sauté for 1 minute.

Add beef, mint, and salt and sauté for 3 minutes.

Add potatoes, stir and add water, cloves, cardamom and cinnamon.

Cover the pot and cook for 10 minutes.

When potatoes are soft, add tomato and green peas.

Cover the pan and cook over low heat for 10 minutes until liquid has evaporated.

Scatter the cilantro and stir.

Serves 6