

# Moroccan Beef Stir-Fry

**Prep** 15 mins **Gook** 20 mins





**Recipe Card** 

Extra lean ground beef, sirloin or round Onion Carrots Sweet red pepper Garlic cloves Paprika, ground ginger, cumin, cinnamon Salt and pepper Hot chili pepper flakes Canned diced tomatoes Green olives Toasted pine nuts Fresh coriander

#### Ingredients

1 lb (500 g) extra lean or lean ground beef sirloin or round\* 1 onion, chopped 2 carrots, cut into matchstick pieces 1/2 sweet red pepper, cut into matchstick pieces 2 cloves garlic, minced 1 tbsp (15 mL) paprika 1 tsp (5 mL) ground ginger 1 tsp (5 mL) cumin 1 tsp (5 mL) cinnamon  $\frac{1}{2}$  tsp (2 mL) salt <sup>1</sup>/<sub>4</sub> tsp (1 mL) pepper <sup>1</sup>/<sub>4</sub> tsp (1 mL) hot chili pepper flakes 1 can (28 oz/796 mL) diced tomatoes 34 cup (175 mL) sliced green olives Toasted pine nuts and chopped fresh coriander

#### Instructions

- 1. Cook ground beef, onion, carrots and sweet pepper in large skillet over medium-high heat, breaking beef up into small chunks with back of spoon, for 8 to 10 minutes or until beef is completely cooked and vegetables are tender-crisp. Drain if necessary.
- 2. Stir in garlic and seasonings; cook, stirring, for 1 minute. Stir in tomatoes; bring to boil. Reduce heat to low; simmer, covered, for 5 to 10 minutes or until vegetables are tender. Stir in olives; heat through. Season with more salt and pepper if desired.
- 3. Garnish with pine nuts and coriander to serve.



## Moroccan Beef Stir-Fry



This Moroccan stir-fry recipe features spices you probably already have in your cupboard and turn ground beef into an interesting supper dish with exotic North African flavours.

Spoon the Moroccan ground beef over hot couscous or rice to serve.

A good source of Iron (24% RDI) and an excellent source of Zinc (43% RDI).

Nutrition Facts	
Amount	
Calories	192
Protein	18 g
Fat	8 g
Carbohydrate	13 g

### notes

Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/moroccan-beef-stir-fry/