



Moroccan Beef Stir-Fry

All for the Beef

Prep 15 mins

Cook 20 mins



Shopping List

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
½ 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
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
¼ tsp (1 mL) hot chili pepper flakes
1 can (28 oz/796 mL) diced tomatoes
¾ 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.

