

# BEEF AND BEAN KHORESH



Serves 2

## Ingredients

- ½ teaspoon coconut oil
- 1 Large Onion - chopped
- 200g Stewing Beef - cubed
- 2 teaspoons Ground Turmeric
- 1/2 teaspoon Ground Cinnamon
- 300ml Cold Water
- 25g Fresh Parsley - chopped
- 25g Fresh Chives - chopped
- 400g tin Red Kidney Beans - drained
- Juice of 1 Lemon

## Instructions

1. Heat the oil in a large pan and fry the onion for 3-4 minutes until lightly coloured. Add the Beef and fry for another 10 minutes until browned on all sides. Add the Turmeric and Cinnamon and cook for another minute, then add the water and bring to the boil. Cover and simmer for 45 mins, stirring every now and then.
2. Add the parsley and chives, stirring all the time.
3. Add the Kidney beans,, along with the lemon Juice. Season with black pepper to taste, then simmer the stew for a further 15 minutes to allow the sauce to reduce and thicken slightly. Once the meat is tender, serve on a bed of rice or cous-cous.