

Beef thareed



Preparation time: 210 min

Difficulty: Easy

Ingredients

- Beef: 21,1 oz
- Cardamom: 4
- Courgettes: 3,5 oz
- Curry powder: 0,7 oz
- Onion: 2,1 oz
- Pepper: 2,8 oz
- Purple carrots: 3,5 oz
- Salt: to taste
- Stale bread: 3,5 oz
- Water: 0.5 l

For this recipe we used:

Strained Tomatoes 8,46 oz



Preparation

1. Roughly chop the beef and sauté on a high flame.
2. In the meantime, roughly chop the carrots, courgettes, onion and pepper.
3. Place all the ingredients in a pot, add some salt, cardamom, curry powder, the **Rustica tomato sauce**, water and simmer on a low flame for 3 hours.
4. After cooking, add the stale, finely diced bread and leave to rest for 15 minutes.