

Beef thareed

Preparation time: 210 min

Difficulty: Easy

Ingredients

Beef: 21,1 ozCardamom: 4Courgettes: 3,5 ozCurry powder: 0,7 oz

Onion: 2,1 ozPepper: 2,8 ozPurple carrots: 3,5 oz

Salt: to tasteStale bread: 3,5 oz

• Water: 0.5 l



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.

For this recipe we used:

Strained Tomatoes 8,46 oz

