

MOROCCAN BEEF TAGINE

(Contributor: Katalin Lemasson – www.simplekatlife.com)

INGREDIENTS:

- ~ 2 tsps avocado oil
- ~ 1 diced Vidalia or Sweet onion
- ~ 2 carrots, sliced thin
- ~ 1 lb organic, grass fed ground beef
- ~ 2 tsps cinnamon
- ~ 1 tsp ginger
- ~ 1 tsp cumin
- ~ 1/4 tsp Himalayan salt or Sea salt
- ~ 1/4 tsp freshly ground black pepper
- ~ 1 cup organic low salt vegetable or beef broth
- ~ 1 Tbsp gluten free flour or cornstarch
- ~ 1 can (19 oz) of organic chick peas, rinsed and drained
- ~ 1/2 cup dried apricots, chopped
- ~ 1/2 cup golden raisins
- ~ Fresh chopped parsley before serving

INSTRUCTIONS:

In a large pan, heat the oil and sauté the onions until softened, add in the sliced carrots and cook for 5 minutes, while stirring. Add in the beef, and cook until the meat is no longer pink and all crumbled. Season with the cinnamon, ginger, cumin, salt and pepper and let it cook another minute or so.

In a measuring cup, mix the broth with the 1 Tbsp gluten free flour and whisk until mixture is well blended. Pour into the pan and add chick peas, apricots and the golden raisins. Cover the pan and simmer on medium-low heat for 5 minutes.

You can serve this in a Boston lettuce leaf as a wrap, or pour over some quinoa.
Garnish with some parsley.

Enjoy!