



Saugus TV What's Cookin with Mona

Aloo Keema (16 ingredients, Ground beef with Potatoes)

(you may also use ground chicken or ground turkey)

- 1 pound **ground beef** (we used 93% lean, if you use a meat not as lean, then you may want to drain some of the fat when the meat cooks)
- 3 medium **potatoes** (we used red skin potatoes and cut into 1 inch cubes, you can keep skins on if prefer. Also, instead of potatoes, you can add chickpeas, green peas, onions and tomatoes, or cauliflower)
- 1 medium sized **onion** (we peeled, washed, and chopped onion into 1/2 inch pieces)
- 2 ozs **tomato puree**
- 2 ozs **oil** (we used canola, you can use any, like olive, corn, vegetable, etc. Also, use as much as desired)
- 1 long hot chilli **pepper** (wash and chop, use as much as desired)
- handful of **cilantro** (wash, remove stems, and chop and can omit if do not like cilantro)
- 2 inches fresh **ginger** (wash, peel off skin, and grind)
- 4 cloves fresh **garlic** (wash, cut ends, and grind)
- 2 and 1/4 cups **water** (will use for grinding ginger and garlic, to cook meat, and to cook potatoes)

- 1 teaspoon **garam masala** powder
- 1 teaspoon **cumin** powder
- 1 teaspoon **coriander** powder
- 1 teaspoon **salt** (use as much as desired)
- 1/2 teaspoon **red chili** powder (use less if don't want too much heat)
- 1/2 teaspoon **turmeric**

Pour oil and chopped onions into pot and cook on medium to high heat until caramelized and golden brown, this step takes about 10 minutes. Grind ginger and garlic with some water. Put all other ingredients into pot except potatoes and cilantro and add one cup water, cover pot. Once beef is cooked, the oil will start to separate. If you want, you can drain this oil and add new oil otherwise sauté ground beef for about two minutes. At this stage, add the potatoes and one cup water so that the potatoes can cook, cover pot and cook on medium heat. Once water evaporates and potatoes are soften, add chopped cilantro, stir for one minute and enjoy!

If you decide to use any of the other vegetables, like chickpeas, green peas, or a onion tomato mixture, just add to cooked meat and simmer for five minutes. If you use cauliflower, then chop and follow instructions for potatoes.

Naan (Indian flatbread, can also use a pita)

You can use frozen or fresh naan. You can warm up the naan in the oven, toaster, or skillet and add a pat of butter before serving, if desired. We used a skillet and lightly coated it with some oil. The naan was then cut into small rectangles to resemble a cracker and were warmed until lightly crispy.

If you have any questions on this recipe or methods, please reach out!
Enjoy!