



INGREDIENTS

- ☐ 3 tbs oil
- ☐ 1 tsp salt
- ☐ 1 ¼ lbs stew meat
- ☐ 1 yellow onion, diced
- ☐ 6 cloves garlic, minced
- ☐ 2 tbs tomato paste
- ☐ 3 Roma tomatoes, diced
- ☐ ½ tsp ground coriander
- ☐ ½ tsp ground cumin
- ☐ vermicelli rice
- ☐ ¼ tsp ground turmeric
- ☐ ¼ tsp all spice
- ☐ ½ tsp ground cinnamon
- ☐ ¼ tsp black pepper
- ☐ 2 cups water
- ☐ 1 tbs pomegranate molasses
- ☐ 1 bag (14 ounce) baby okra
- ☐ 2 tbs lemon juice
- ☐ ¼ cup chopped cilantro

INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat.
2. Season the stew meat with salt and sear in batches for about 2-3 minutes.
3. Remove meat when browned.
4. Add oil to a pot and cook the onions for 5-7 minutes or until tender and translucent.
5. Mix in garlic and tomato paste and cook for about 30-60 seconds.
6. Then add the diced tomatoes and cook for 5 minutes until the tomatoes start to soften.
7. Place the meat back into the pot and season with coriander, cumin, turmeric, allspice, ground cinnamon, white pepper, and black pepper.
8. Pour one cup of water and add in pomegranate molasses.
9. Bring the pot to a boil, then lower the heat to low, cover and cook for 45-60 minutes or until the meat is tender.
10. Pour the remaining tablespoon of oil to a skillet over medium high heat.
11. Mix in the okra and sauté for 2-3 minutes or until lightly browned on all sides.
12. When the meat is cooked, add the okra to the stew and stir to combine. Bring the heat back to medium and let simmer for 10 minutes, uncovered.
13. Turn off heat, stir in the lemon juice, cilantro, and serve with vermicelli rice.