

MOROCCAN BEEF STEW

LYNMAR ESTATE • CHEF DAVID FRAKES

Makes 6 Servings

Ingredients

- 3 tbsp. olive oil, divided
- 1 $\frac{3}{4}$ lb. beef tenderloin, cut into 1" cubes
- 1 ea. onion, chopped
- 1 ea. carrot, chopped
- 2 ea. garlic cloves, chopped
- 1 tbsp. paprika
- 2 tsp. cumin
- 1 $\frac{1}{2}$ tsp. ground cinnamon
- 2 c. beef stock
- 15 oz. canned garbanzo beans
- $\frac{1}{2}$ c. Kalamata olives, pitted
- $\frac{1}{2}$ c. golden raisins (optional)
- $\frac{1}{2}$ c. cilantro, chopped
- 1 tsp. lemon zest

Directions

- Heat 2 tbsp. oil over medium high heat.
- Season beef with salt and pepper.
- Add beef to pot and brown on all sides; transfer to plate.
- Add remaining 1 tbsp. oil, onion, carrot, and garlic to pot.
- Cook until vegetables are soft, stirring frequently, about 10 minutes.
- Add spices; stir 1 minute.
- Add stock, beans, olives, raisins, and cilantro; bring to boil.
- Simmer until juices thicken, about 5 minutes.
- Add lemon zest and serve.

