

## Beef thareed



**Time:** 210 min.

**Difficulty:** Easy

### Ingredients (4 people)

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- Puree de tomates 350g 240 g
- Beef 600 g
- Cardamom 4
- Courgettes 100 gr
- Curry powder 20 g
- Onion 60 g
- Pepper 80 g
- Purple carrots 100 g
- Salt to taste
- Stale bread 100 g
- Water 0.5 l

**For this recipe we used:**



## 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 **Puree de tomates**, 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.