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MAKE IT BEEF

For all the right reasons



SPICY MOROCCAN GROUND BEEF STIR-FRY

Shake up your dinner menu with some fresh ideas. A stir-fry doesn't have to be Asian – try chili and beans for Mexican; curry and lentils for East Indian, or dig into your spice cupboard for the exotic and authentic North African flavours used here.

Use convenient ready-cut Beef Stir-Fry Strips or cut your own from Grilling or Marinating Steaks – cutting across the grain into thin slices. For a real departure, use ground beef (as shown here) – no cutting required.

1 lb (500 g) Lean Ground Beef
1 onion, chopped
2 carrots, cut into matchstick pieces
Half sweet red pepper, cut into matchstick pieces
2 cloves garlic, minced
1 tbsp paprika
1 tsp EACH ground ginger, cumin and cinnamon
1/2 tsp salt
1/4 tsp EACH pepper and hot chili pepper flakes
1 can (28 oz/796 mL) diced tomatoes
3/4 cup sliced green olives
Toasted pine nuts and chopped fresh coriander

Cook ground beef, onion, carrots and sweet pepper in large skillet over medium-high heat for 8 to 10 minutes. Break beef up into small chunks with back of spoon, until beef is completely cooked and vegetables are tender-crisp.

Stir in garlic and seasonings; cook, stirring for 1 minute. Stir in tomatoes; bring to a boil. Reduce heat to low; simmer, covered, for 5 to 10 minutes, until vegetables are tender. Stir in olives; heat through. Season with more salt and pepper if desired.

Spoon stir-fry over hot couscous or rice and garnish with pine nuts and coriander to serve.

Makes 4-6 servings.

Enjoy Beef Tonight – For time-saving tips and more fresh ideas for week-night meals in minutes, pick up a free copy of *Simple Suppers* at the meat counter of your grocery store or order from www.beefinfo.org or 1-888-248-BEEF (2333).

Make it Canadian Beef – for all the right reasons – taste, value, versatility, nutrition and to support communities across the country.

We thank you for your continuing support.

JH Newman

John Newman, beef producer
North Gower, ON

Beef Information
Centre