

Beef and Okra Bamia

Jacob · 29/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

6

Description

A simple but amazing Middle Eastern dish containing okra with tomato sauce and wonderful spices For a vegetarian dish you can choose to omit the steak completely Serve with white rice

Ingredients

- - 1/2 cup olive oil - 1 tablespoon salt - 1 pound beef top sirloin
- cut into 1-inch cubes - 1/2 large onion
- chopped - 6 cloves garlic
- minced - 2 (10 ounce) cans tomato sauce - 1 tablespoon tomato paste - 1 (10 ounce) package frozen okra
- thawed - 2 cups water - 1 1/2 tablespoons ground coriander - 1 teaspoon ground white pepper - 2 teaspoons ground cumin - salt to taste - 1 jalapeno pepper
- thinly sliced

Instructions

1. Heat olive oil in a large pot over high heat. Sprinkle 1 tablespoon salt over steak cubes; cook and stir meat in the hot oil with onion and garlic until meat is seared
2. about 5 minutes; reduce heat to medium; cook and stir until meat is browned
3. about 3 more minutes. Remove steak pieces and set aside. Stir tomato sauce and tomato paste into same pot; mix in okra
4. water
5. coriander
6. white pepper
7. and cumin. Bring to a boil; season with additional salt. Reduce heat to low and simmer until okra is tender
8. 30 to 45 minutes; return pieces of beef to the bamia. Simmer until flavors are blended
9. about 10 minutes; garnish with slices of jalapeno pepper.