

Moroccan Beef and Lentil Stew

Oscar · 29/09/2024



Prep Time

1 hr 35 mins

Difficult

Medium

Servings

6

Description

A flavorful beef and lentil stew inspired by the tastes of Morocco This Moroccan beef recipe is great served over rice

Ingredients

- - 2 tablespoons vegetable oil - 2 carrots
- chopped - 1 celery stalk
- chopped - 1 onion
- chopped - 4 cloves garlic
- minced - 1 ½ pounds chuck roast
- cut into 1-inch cubes - 1 teaspoon salt
- or to taste - 1 teaspoon ground turmeric - 1 teaspoon onion powder - 1 teaspoon garlic powder - ½ teaspoon ground black pepper
- or to taste - ½ teaspoon ground cinnamon - ½ teaspoon ground ginger - ½ teaspoon ground cumin - ½ teaspoon ground coriander - ¼ teaspoon ground allspice - 3 tablespoons tomato paste - 4 cups low-sodium beef broth - 1 tablespoon molasses - 2 bay leaves - 1 cup dried red lentils - ½ cup dried apricots
- chopped - ½ lemon
- juiced

Instructions

1. Heat oil in a Dutch oven over medium heat. Add carrots
2. celery
3. and onion; cook until slightly softened
4. about 3 minutes. Stir in garlic and cook for 1 minute. Add beef. Sprinkle salt
5. turmeric
6. onion powder
7. garlic powder
8. pepper
9. cinnamon
10. ginger
11. cumin
12. coriander
13. and allspice over beef and vegetables. Stir to mix. Continue to cook
14. stirring occasionally
15. until beef is browned
16. about 5 minutes. Stir in tomato paste until combined and cook for 1 minute. Add beef broth
17. molasses
18. and bay leaves. Bring stew to a simmer. Reduce heat to low
19. cover
20. and cook
21. stirring occasionally
22. until beef is tender
23. about 50 minutes. Mix in lentils and dried apricots. Bring stew back to a simmer. Cover and cook on low
24. stirring occasionally
25. until lentils soften
26. about 15 minutes. Remove and discard bay leaves. Adjust salt and pepper; mix in fresh lemon juice just before serving.