

## Mama B's Beef Masala

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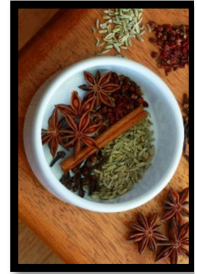
*This will make you mop your plate clean and ask for more.*

### **Ingredients:**

2 Lbs.	Stewing beef, cut in 2 in cubes	1	Big onion
3	Garlic cloves, minced	1/2 Cup	Crushed tomatoes
1-1/2 Cup	Beef broth	1 Tbsp	Olive oil
1 Tsp	Brown Sugar	1/2 Tsp	Lemon zest
1 Tbsp	Mama B's Garam Masala Blend		Fresh Parsley for topping

### **Directions:**

- Turn the pressure cooker into sauté mode.
- Add oil, chopped onions, garlic, Mama B's spices, salt and pepper.
- Cook until onions become translucent, for about 3 minutes.
- Then stir in the crushed tomatoes, brown sugar and bring to a boil.
- Pour the mixture into the food processor and blend all into a paste.
- Then brown the meat on all sides, pour in the blended spice paste, stock and add lemon zest.
- Cover the lid and cook for 30 minutes on high pressure.
- Serve this incredibly flavorful dish with steamed rice and chopped parsley.



*Spice  
Blend:  
Garam  
Masala*

