

## **Beef and Okra Stew**

- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 pound beef top sirloin, cut into 1-inch cubes
- 6 cloves garlic, minced
- 1½ tablespoons ground coriander seed
- 2 teaspoons cumin
- 1 teaspoon white pepper
- 2 cups water
- 2 large tomatoes, blended (or 1.5 cups tomato sauce)
- 1 green chile pepper, seeded and minced
- 1 inch fresh ginger, crushed or minced
- 1 teaspoon salt
- 2 cups fresh okra, cut into 1-inch pieces
- Jalapeño slices for garnish (optional)

Heat the oil in a large pot over high heat. Add the onion and cook until soft. Add the beef, garlic, coriander, cumin, and white pepper. Stir and cook until the meat is brown, about 5 minutes.

Add the water, tomatoes, chile, ginger, and salt. Stir and bring to a boil. Reduce heat to low. Cover partly and simmer until the meat is tender, 30 to 40 minutes.

Stir in the okra. Simmer 10 more minutes. If you like, garnish with slices of jalapeño before serving.