

INGREDIENTS:

- 10 oz of beef
- 1/2 cup oil (or ghee)
- 1 medium onion
- 1 large tomato, preferably skin peeled (or two medium)
- 1/2 red bell pepper (I use a paste blend with hot chili peppers)
- 1 medium carrot
- 1 medium potato
- 1 cup short grain rice, I use California Rose (sushi rice will work)
- 1-1/2 liters of water
- 1/4 tsp smoked paprika (optional)
- 1/4 cumin powder (optional)
- 1Tbsp salt
- black pepper (optional)
- 1 tsp dried basil
- 1/2 tsp dried mint
- Fresh herbs like dill or cilantro for garnish