Persian Inspired Beef and Veggie Stew with PomegranateLogo

Description automatically generated

1 lb of cubed beef stew meat $6-8

1 bag of frozen lima beans or green peas $1.89

1 bag of frozen sliced zucchinis or okras $2.19

1 bag of frozen cut onions $1.39

1 can of chickpeas $1.19

1/3 cup of pomegranate seeds or ½ cup of pomegranate juice

½ cup of broth

A dash of saffron or 1 teaspoon of cumin

Garlic powder to taste

Salt to taste

-Brown the onions in olive oil, add the beef cube and brown,

-Add broth, spices, and pomegranate, cook on high a few minutes

-Add vegetables and chickpeas, stir well

-Set timer on slow cook for 4-5 hours

-For garnish, serve with cilantro