



## Bazella Roz



### INSTRUCTIONS

Start by making the vermicelli rice:

- Break a serving vermicelli into inch long pieces and mix well with a cup of rice.
- Add butter and 2 cups of stock and bring to a boil before turning off the heat and leaving covered to cook for 14 minutes.
- Simmer onions and chopped garlic until the onions become translucent. Add your ground beef, seasoning with salt and pepper, browning and breaking up the meat for a few minutes before adding Baharat spices.
- Next add carrot, tomato paste, and stock, stirring to mix and covering to simmer for 15 minutes.
- Add freezer peas and simmer for another 5 minutes.
- Plate rice first, topping with the stew.

### SHOPPING LIST

- 1/4 lb Ground Beef/Lamb
- 1 Cup Long Grain Rice
- Vermicelli Noodles
- 1 Onion Chopped
- 1 Carrot Chopped
- 1/2 Cup Frozen Peas
- 1 Tbsp. Tomato Paste
- 4-5 Cloves Garlic, Chopped
- 1/2 tsp. Baharat Seasoning
- Butter or Ghee
- Chicken/Beef Stock

Baharat Spice Blend:

- 1 tsp. Ground black pepper
- 2 tsp. Ground nutmeg
- 2 tsp. Paprika
- 1 tsp. Ground Coriander
- 1 tsp. Ground cinnamon
- 1 tsp. Ground Cloves
- 1 tsp. Cumin
- 1/4 tsp. Ground cardamom