

Dinner

Rogan Stew

Ingredients:

Lean beef or (lamb, chicken, turkey) cut into cubes
(first week: 195g = 43g protein), 135g = 30g, 90g = 20g.

1 cup	mixture: cauliflower florets, beans, and carrots
1 small	onion, finely chopped
4 cloves	garlic, crushed
4	cardamom pods
1	bay leaf
3	cloves
4	peppercorns
½ tsp	coriander
1 tsp.	cumin
2 tsp.	paprika
¼ tsp.	cayenne pepper
2 tbs.	sour cream, light
60-80 ml	vegetable stock and water 50:50
	Olive oil cooking spray

Method:

- Spray coat saucepan with Olive oil cooking spray
- Over moderate heat, cook meat until browned, then put aside
- Add onion to pan and sauté lightly until golden brown
- Combine all spices then add to onion mixture and stir well
- Return meat to pan, and add vegetable stock and water
- Mix well, then cover and simmer until meat is tender, stirring occasionally
- When ready, turn heat down to low and quickly mix in the sour cream
- Serve with steamed vegetables