

GROUND BEEF KEEMA

By Dr. Cindy Tanzar
(Standard, Maintenance)

If flavor is what you're looking for, Keema is your answer! Keema is a main Indian dish, traditionally made with meat, potatoes, peas, and a combination of fragrant spices. Using green beans makes it a great low-carb alternative. For variety, you can substitute other vegetables, as well. You can actually make this recipe with different proteins too, like ground turkey or chicken, tofu, diced chicken or lamb. This recipe makes 4 servings – divide equally. One serving covers your protein and 1 cup cooked vegetable per meal.



INGREDIENTS

- 1-1/2 Tbsp curry powder
- 1 tsp. ground turmeric
- 1 tsp. ground cinnamon
- 1/4-1/2 tsp. cayenne pepper, to taste
- 1/4 tsp. ground ginger
- 1 tsp. Pink Himalayan salt



1/2 tsp. ground black pepper
2 Tbsp Kerry Gold butter
1 shallot or 1/4 of a small onion, diced
1 lb. grass-fed ground beef/dark meat ground turkey or chicken,
1 tsp. powdered garlic
2-1/2 cups frozen green beans (See notes below)
1-14 oz. can diced tomatoes

INSTRUCTIONS

In a small bowl, combine the curry powder, turmeric, cinnamon, cayenne pepper, ginger, salt and pepper and set aside.

Melt the butter in a large skillet over medium heat. Add the shallots or onions and sauté for 3-4 minutes.

Add the ground beef and garlic powder, stirring and breaking the beef into small crumbles until browned. Add spice mixture and stir, cooking for 1 minute.

Add the green beans and tomatoes and mix. Bring to a simmer, cover and cook for 18-20 minutes, or until green beans are tender.

NOTES: You can always add 1 cup frozen green beans and serve over 1/2 cup cauliflower rice.