

beef groundnut soup with rice balls

by Akua

what you will need

350g/14oz braising or stewing beef chopped
4 teaspoons smooth peanut butter
1/2 tube tomato puree
1 can chopped tomatoes
2 onions, peeled and chopped
1 red or green pepper chopped
Chilli powder to taste
Garlic clove, finely chopped (optional)
Cube of fresh ginger finely chopped or 1 teaspoon ginger powder
200g/8oz Basmati or long grain rice

get cooking

Fry the beef in a large cooking pot until browned - if possible in its own fat - if it sticks add a tablespoon of water.

Mix the peanut butter, onion, ginger, garlic, chilli, tomatoes and tomato puree and add to the cooking pot.

Stir well and cook over a low heat until the meat is tender (approximately 3 hours), add water if the mixture becomes dry.

To make the rice balls- cook the rice until really soft and then mash so that it sticks together. Form balls with floured hands.

When the soup is ready serve with the rice balls to dip in the soup.

Serves 4

Preparation time = 15mins

Cooking time = 3hrs

**Cost per serving =
less than £2.50**

**5 a day portions
per serving = 1**

alternatives

Replace half the beef with a tin of adzuki beans or chick peas to reduce the cost and the fat content of this dish.

top tips

Make the day before you need it- when it has cooled skim off any visible fat to reduce the fat and calorie content.

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