

keema matar

MAKES 4 servings

RECIPE ADATED FROM: [The Domestic Man](#)

COOK TIME: 25-30 minutes

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- 1 tbsp coconut oil or ghee
 - 1 medium onion, coarsely chopped
 - 1 inch fresh ginger, grated or
 - 1 tsp ground ginger
 - 2 cloves garlic, minced
 - 1 lb ground beef
 - 1 tsp ground cumin
 - 1 tsp ground coriander
 - 1 tsp garam masala
 - ½ tsp salt, more to taste
 - 1 pinch ground cardamom
 - 1 bay leaf
 - 1 (14.5oz) can diced tomatoes, fire-roasted preferred
 - 1 cup frozen peas
 - 1 squeeze (½ tsp) lemon juice, more to taste
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HEAT oil over medium heat in a large skillet.

ADD onion and sauté until softened, about 6 minutes.

INCREASE heat to medium/high, then as the onion starts to brown, add fresh ginger (if using), and garlic.

SAUTE until aromatic and just starting to scorch, about 30 seconds, then add the beef.

SAUTE beef until it is no longer pink, breaking up chunks of meat with your spoon as you go, about 5 minutes.

ADD ground ginger (if using), cumin, coriander, garam masala, salt, cardamom, bay leaf, and diced tomatoes; stir to combine.

REDUCE heat to medium-low and simmer until the meat is tender and the flavors have married, about 8 minutes.

STIR in peas and simmer until they turn bright green, then remove from heat.

ADD lemon juice, then add salt and more lemon juice to taste.

