# **Cherry Tomatoes & Minced Lamb**

Cook Time: 45 minutes

Serves: 4

Meal Type: Soup/Main

## **Ingredients:**

- I pound Minced lamb\veal\Beef\goat(lean cut)
- I/2 pound Cherry tomatoes
- Handful of herbs(Methi or cilantro or Mint)
- I small onion ,finely chopped
- 3/4 teaspoon ginger and garlic paste
- 1/2 teaspoon turmeric
- 1/2 teaspoon hot chili powder
- 1/2 teaspoon each of Garam Masala and Coriander Powder.
- Whole spices 2 Cloves ,2 cardamom, I cinnamon stick
- I tablespoon Extra virgin Olive oil or canola oil
- 3/4 teaspoon Salt

### **Method:**

- I. Marinate the minced meat, mix with all the spice besides the whole spices, greens and oil and set aside for about 10minutes.
- 2. Heat oil in pressure cooker or a saucepan. Add the chopped onions, whole spices and saute until golden brown.
- 3. Add the marinated meat, chopped herbs, season with salt and stir until meat has no lumps.
- 4. Add 1/2 cup of water and cover. Let cook for about 10-15 minutes in a pressure cooker or 30-40 minutes in a saucepan. Uncover and add the tomatoes, cook just until tomatoes are slightly tender about 3-4 minutes.
- 5. Garnish with more fresh herbs, serve with brown rice or whole grain flat bread(paratha\roti).

## Pomegranate Figs Smoothie

Prep Time: 10 minutes

Cook Time:0

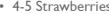
Serves: 2

Meal: Drink

## **Ingredients:**

- I cup Pomegranate arils
- 2-3 Dried Figs chopped
- 3/4 Cup cold Water
- 4-5 Strawberries

#### • I ripe Banana



### Method:

- 1. Blend all ingredients together until smooth in consistency.
- 2. Served cold.



Recipe: Yasmen-healthnut.blogspot.ca