

East African Pilau

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/east-potato-dinner-recipe>

Ingredients:

- 1 teaspoon cloves
- 2 tablespoons cumin seeds
- 1 stick cinnamon
- 1/2 tablespoon seeds black peppercorn
- 12 pods cardamon
- 2 cups basmati rice
- 5 potatoes medium - peeled and cut into quarters
- 1/4 cup vegetable oil
- 2 red onions medium - thinly sliced
- 4 cloves garlic minced
- 2 tablespoons ginger minced
- 1 serrano chile finely chopped
- 1 tablespoon masala pilau
- 2 beef stock cubes
- 1/4 cup fresh cilantro roughly chopped
- 1 pound beef sirloin cubed
- 3 Roma tomatoes diced
- 4 cups water
- 2 bay leaves
- salt to taste

Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 131 grams
3. Cholesterol: 50 milligrams
4. Fat: 21 grams
5. Fiber: 11 grams
6. Protein: 39 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 610 milligrams

9. Sugar: 7 grams

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