

## Keema

1 to 1 1/2 pounds ground beef or lamb  
3/4 cup chopped onion  
2 cloves garlic, peeled and minced (about 2 teaspoons)  
2 tablespoons garam masala (I used dried Mild Curry #512, according to the bulk bin I bought it from)  
1 teaspoon salt or Mrs. Dash table blend  
1/2 teaspoon ground cumin  
Pinch of cayenne pepper  
2 heaping tablespoons of tomato paste  
1 1/2 cups homemade or low sodium beef broth  
1 can diced tomatoes  
1 can garbanzo beans (chickpeas), drained and rinsed  
1/2 cup frozen peas  
Lime wedges, for garnish  
Chopped cilantro, for garnish  
Cooked rice, for serving  
Cottage cheese, for serving

In a large skillet over medium heat, cook the ground beef or lamb with the chopped onion until evenly browned. Drain off any grease. Stir in the garlic and cook for about a minute more, then add the spices and combine. Add the the rest of the ingredients except the frozen peas and garnishes. Reduce the heat and simmer for about 20 minutes. In the last five minutes, add the frozen peas and cook until heated through. Serve over a bed of rice, a squeeze of lime, and cilantro. Please add cottage cheese to the side as a lovely, refreshing side.