

# Beef, Spiced with Peas

Total Yield: ~43 3/8 cup

Shelf Life: \_\_\_\_\_

Allergens: milk

## Components

Beef, Ground 80/20 Halal

Onion, Yellow Whole Fresh

Pea, Green IQF

Tomato, Diced Canned

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Pepper, Jalapeno

Yogurt, Plain Whole Milk

Herb, Cilantro Fresh

Spice, Gedo Blend (subrecipe)

Spice, Turmeric Ground

Salt, Coarse Kosher

Juice, Lemon Not From Concentrate Fresh

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Water, Tap

## Spice, Gedo Blend

Total Yield: ~3 1/4 oz

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

### Components

Spice, Peppercorn Black

Spice, Cinnamon Stick

Spice, Clove Whole

Spice, Coriander Seeds

Spice, Cumin Whole

Spice, Cardamom Pods Green

# Rice, Coconut Pilau

Total Yield: ~43 3/8 cup

Shelf Life: \_\_\_\_\_

Allergens: tree nuts

## Components

Rice, Basmati

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Onion, Yellow Dice Fresh

Spice, Cardamom Ground

Spice, Clove Ground

Spice, Cinnamon Ground

Salt, Coarse Kosher

Milk, Coconut Canned

Stock, Vegetable Low Sodium (subrecipe)

Water, Tap

# Atakilt Wot (potatoes and cabbage)

Total Yield: 32 1/2 cup

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Carrot, Whole Fresh

Potato, Yukon Whole Fresh

Onion, Yellow Whole Fresh

Garlic, Whole Clove Peeled Fresh

Spice, Xawaash Blend (subrecipe)

Salt, Coarse Kosher

Spice, Turmeric Ground

Cabbage, Green Fresh Whole

Water, Tap

# Spice, Xawaash Blend

Total Yield: ~1 1/4 oz

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

Spice, Peppercorn Black

Spice, Cardamom Pods Green

Spice, Cinnamon Stick

Spice, Clove Whole

Spice, Cumin Whole

Spice, Turmeric Ground

Spice, Coriander Seeds