

SERVINGS 4 L PREP TIME 15 mins COOK TIME 10 mins

INGREDIENTS

- 1 tbsp avocado oil
- 1 tsp cumin seeds
- 1 bay leaf
- 1 cup white onion
- 1 cup red bell pepper
- 1 garlic clove
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cups grown beef or chopped mushrooms
- 1 tsp dried oregano
- 1/4 cup La Fe Alcaparrado Olives
- 1 cup cherry tomato
- 2 tbsp tomato paste
- 1/4 cup raisins soaked in 1/4 cup red wine

DIRECTIONS

- 1. Chop up the vegetables to start cooking.
- 2. On medium-low heat, add all the ingredients into a pan. Add mushrooms instead of beef for the vegan option. Mix everything and cover to cook for 10 minutes.
- 3. Move to bowl to cool down and serve. Enjoy!