

STIFADO (GREEK-STYLE BEEF STEW)

1-1 ½ pound ground beef, cooked
2 cans diced tomatoes
1 medium onion, diced
1 cup cooked chickpeas
1/3 cup red table wine
¼ cup white distilled vinegar
2 tablespoons honey
3 gloves garlic, diced
¼ tsp cinnamon
¼ teaspoon grapefruit zest
1 teaspoon ground cumin
1 bay leaf
3-4 tablespoons flat-leaf parsley



Pan-fry the beef until fully cooked. Add to a large stockpot, add all other ingredients, and simmer for 1 hour.

Recipe and Photo Courtesy of Jennifer Raper, www.KitchenPsycho.com