

# Taas Kabab

Malihe Zarif

## Ingredients (serves 4)

- 500 grams Stewing lamb or beef
- 400 grams potatoes
- 400 grams carrots
- 4 large onions
- 3-4 spoons Tomato paste
- Cooking oil
- Salt & Black pepper

## Directions

Peel and thinly slice onions. Fry in oil until slightly golden. Wash and cut meat into small pieces and fry in onions until color changes. Add 2-3 glasses of hot water and bring to boil. Cook over medium heat for about 45 minutes, adding more hot water during cooking if needed. Wash and peel potatoes and carrots, then cut into small pieces. Add potatoes and carrots to the meat, followed by tomato paste, salt and pepper. Cook over medium heat for about 20 minutes, and then serve.

