

## Estamboli Polo

Persian Potato Beef tomato Rice

### Ingredients

- Ground red meat (I use beef) - about 1 lb
- Potatoes peeled and diced into «jewel sized» cubs
- Diced tomatoes (do not drain) - 1 can (28oz)
- Basmati rice - 2 cups
- Onions - 2 large
- Garlic - 3 cloves
- Teaspoon cinnamon
- Teaspoon Turmeric
- Salt and Pepper to taste
- Vegetable Oil- about half a cup
- Water - about a half a cup

### How to Prepare

Start by frying your ground red meat. I use beef, but lamb and veal is fine too. Cut 1 onion into small cubes and add with some oil (about 3 table spoons minimum) into a heated frying pan. Add your meat as well as your spices and start frying. Once your meat has started browning, add in your minced garlic. Until your meat browns completely you can start your potatoes in another frying pan. Cut your potatoes into small cubes (like 1.5 cm cubes) Fry until nice and golden with some oil, salt and pepper. set aside. Cut up your last onion into small cubes, fry with some more oil until golden brown. set aside. So by now your meat is nice and brown, and you have your potatoes and your golden onions.

### Time for the rice.

Wash rice basically until the water is no longer cloudy. After draining your last rinse, add just enough water so that it does not come over your rice. Then add in your large can of diced tomatoes. Mix in a pinch more of cinnamon and pepper. Add in your onions along with a half a cup of water. Stir gently. Turn on the stove and bring your mixture to a boil. Once your rice starts bubbling a bit, turn it down to a low/medium. Now add in your potatoes, and meat, stir gently. Add in a minimum of 2 tablespoons of oil or butter. Place your lid. and wait. After about 45 min, your food is ready. Serve with plain yogurt OR pickled vegetables. Enjoy it!

