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## Ground Beef with Moringa

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### Ingredients:

<b>Amount</b> (1, .50 , 8)	<b>Unit</b> (cup, Tbsp, g, ml)	<b>Item</b> (egg, chaya leaves, sugar)	<b>Preparation</b> (crushed, diced, whole)
2	tbsp	cooking fat	
1	tsp	garlic	minced
1	tbsp	onion	sliced
½	cup	tomato	chopped
3	cups	moringa leaves	washed and sorted
4	cups	water	
2	tsp	salt	
dash		pepper	
1	cup	ground beef	cooked

## Recipe Instructions:

1. Sauté garlic, onion and tomatoes in large fry pan.
2. Add ground beef.
3. Cover and simmer for 5 minutes over low heat.

4. Add water and bring to a boil.
5. Season with salt and pepper.
6. Add moringa leaves.
7. Cook 5 minutes longer.

## **Recipe Notes : Serves 6**

<http://edn.link/ntpppk>