

GROUND BEEF AJAPSANDALI



An everyday Caucasian cuisine dish!

#1299



QUICK NOTES

BEEF
NUT FREE
CALORIES/PERSON (650 CAL)
SLOW COOKER TIME:
MIN. 4 HOURS
MAX. 6 HOURS
GOURMET COOKING TIME:
20-25 MINUTES
LEVEL: EASY

MUST HAVES

SALT
OLIVE OIL

INGREDIENTS

*GROUND BEEF MARINATED IN
GARLIC, TOMATO PASTE, CILANTRO
AND HOUSE SEASONINGS
*EGGPLANT STRIPS WITH CHOPPED
TOMATOES
*CHOPPED ONIONS & PEPPERS
*COUSCOUS
*BUTTER
*PANTRY BOY SEASONING
*OLIVE OIL
*WATER (FOR COUSCOUS)

2 people

2 SERVINGS

2 SERVINGS

1/2 CUP

1 CUP

1-OZ

1/2 TEASPOON

2 TABLESPOONS

2 CUPS

4 people

4 SERVINGS

4 SERVINGS

1 CUP

2 CUP

2-OZ

1 TEASPOON

3 TABLESPOONS

4 CUPS

Ingredients for this recipe labeled in BROWN.

SAFE HANDLING:

Ingredients must be consumed within 3-5 days in order to maintain food quality and to avoid possible food poisoning. Make sure raw poultry and meat are not cross-contaminated with ready to eat ingredients! i.e. if a cutting board and knife are used for cutting meat, both must be washed and sanitized before being used to prepare a salad. Make sure to wash and dry your produce before cooking or consuming!



SLOW COOKING

KITCHENWARE

SMALL SLOW COOKER (2PPL)
MEDIUM SLOW COOKER (4PPL)
SMALL POT



FAST COOKING

KITCHENWARE

LARGE POT
SMALL POT
2-3 INGREDIENT BOWLS

**Unpack and display all recipe ingredients.
Refer to the ingredients chart for the measurements.**

OR

Prep Your Slow Cooker

- Drizzle in olive oil; add chopped onions & peppers, marinated ground beef, eggplant strips & chopped tomatoes, a few drops of water to keep the meal moist or to avoid any burning and a large pinch of Pantry Boy seasoning to the slow cooker.
- Stir Gently
- Cover.

SET:

HIGH to cook 4 hours
LOW to cook 6 hours

Get your Stove/Oven started

- **COUSCOUS:** Place small pot filled with given water amount according to chart above, with a pinch of salt over medium-high heat (see below for next steps).
- **AJAPSANDALI:** Over Medium-high heat, add olive oil to a large nonstick pot; add chopped onions & peppers to sauté for 3 minutes; add marinated ground beef to sauté for 5 minutes; add the eggplant strips with chopped tomatoes and a generous amount of seasoning. Add a few drops of water to heat mixture to a slow boil and reduce heat to low and cover. Simmer for 15 minutes or until eggplant is tender.

Make the couscous prior to meal service time.

Prepare the Couscous

Prior to meal service time, stir couscous into boiling water, add butter and seasoning, and let simmer for 6-10 minutes, or until all the water is absorbed. Turn off the heat, and let the couscous rest for a few minutes.

Finish & Serve

Divide the couscous and ajapsandali among your serving plates and season more if needed.

Yum!

Enjoy.

Remember to share your masterpiece!
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