Mediterranean Spiced Beef and Rice

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Servings: 2

1 1/2 pounds laen ground beef
2 medium yellow onions, chopped in 1/2-inch pieces
2 cloves garlic, minced
2 bay leaves
2 teaspoons chili powder
1 teaspoon cumin seeds, toasted and ground
1/4 teaspoon nutmeg, fresh ground
1/4 teaspoon black pepper, fresh ground
1/4 teaspoon allspice, ground
1 teaspoon salt
1 teaspoon fresh thyme leaves, ground
1 teaspoon capers, chopped coarsely
2 tablespoons pimiento stuffed green olives
2 fresh green chiles (Aruba), chopped
1 teaspoon dark molasses
3 tomatoes, chopped coarsely
2 tablespoons coffee concentrate
1/4 cup golden raisins
1/2 cup slivered almonds, blanched and toasted
2 cups water
1 cup white rice
1/2 teaspoon salt
1/2 cup caerrots
1/2 cup green peppers, grated

Brown the beef in a large pot over medium-high heat, about 4 to 5 minutes.

Remove the meat from the pot and set aside. Reduce heat to low and add onions; saute' until translucent, about 3 minutes.

Add the garlic and cook for 1 minute.

Replace the meat and add the bay leaves, chili powder, cumin, nutmeg, pepper, allspice, salt, thyme, capers, olives, chiles, molasses and tomatoes. Simmer, uncovered, for 10 minutes.

add the coffee concentrate and golden raisins and simmer, uncovered, for 10 additional minutes.

Rinse the rice in a colander under cold running water until the water runs clear. Drain.

Place the rice, 1/2 teaspoon of salt and water in a saucepan and bring to a boil. Allow the rice to boil, uncovered, until almost all of the water has evaporated, about 10 to 12 minutes. Stir the rice, cover and reduce heat to low. Simmer for 8 to 10 minutes.

Remove the rice from heat. Stir in carrots and peppers. Fluff with a fork just before serving.

Fill a serving bowl with the rice and add the spiced beef. Garnish with the toasted almonds.

Per Serving (excluding unknown items): 732 Calories; 21g Fat (25.3% calories from fat); 19g Protein; 123g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1679mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 1 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.