

Indian Spiced Beef & Vegetables

Ingredients:

1 1/2 lb Ground beef
1/2 ts Cumin seeds
1 lg Onion -- finely chopped
1/2 ts Ground coriander
1 1/2 c Tomato juice
1/2 ts Garam masala
1 c Frozen Peas -- thawed
1/2 ts Cayenne pepper
1 1/2 ts Salt
Freshly cooked rice
1/2 ts Ground cumin

Cook beef and onion in heavy large skillet over medium heat until meat is no longer pink, crumbling with fork, about 10 minutes.

Add all remaining ingredients, except rice.

Cover and cook 15 minutes.

Serve with rice.