EGYPTIAN · LUNCH · DINNER

Bisella (Egyptian Peas and Carrots Stew with Beef)

البسله بالجزر

75 min · Serves 10 · 379 kcal a serve · Video 7:55 in Arabic · nadia elsayed

No nuts listed

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About 42 g protein, 7 g fibre and 19 g net carbs a serve from beef, peas and carrots simmered in tomato; the sugar is about 2 g a serve.

Diet notes: Low saturated fat (4.2 g, 9.9% of the energy); Gluten-free with a swap: Use a gluten-free stock cube, or leave it out.

Ingredients 13 · SERVES 10

- [ ] 3¼ lb **beef**, in thin slices
- [ ] 2¾ lb **frozen peas and carrots** (3 × 14 oz bags), about half peas
- [ ] diced **carrots**, the other half of the frozen mix
- [ ] 4 cups **tomato juice** (blended fresh tomatoes)
- [ ] 2–3 **tomatoes**, finely chopped (or ready-chopped tomatoes)
- [ ] 4 cups **water**
- [ ] 1 large **onion** (or 2 medium), finely chopped
- [ ] 1 tbsp **samna** (ghee)
- [ ] 2–3 tbsp **vegetable oil**
- [ ] 1 tbsp **black pepper**
- [ ] 2 tbsp **sugar**
- [ ] 4 tsp **salt**
- [ ] 1 **stock cube** (optional; counted as its salt)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the ghee and oil in a large pot and fry the chopped onion until golden, not brown. 0:35
2. Add the beef and the black pepper and sauté, stirring, until the meat is nicely browned. 1:10
3. Pour in the tomato juice, the water and the chopped tomatoes to cover the meat. Cover and simmer 40–45 minutes, until the beef is almost tender (or pressure-cook it). 1:40
4. Season with the stock cube (optional), sugar and salt, then add the frozen peas and carrots. 2:33
5. Bring back to the boil, cover and cook 10–15 minutes until the vegetables are tender and the beef is done. 3:29

> **Tip** Egyptians serve it with white rice; cauliflower rice or a salad keeps it lower in carbs. Serves 10 is our estimate for 3¼ lb beef. Skip the stock cube to cut the salt. Freezes well.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
379 kcal	**42** g	**26** g	**7.3** g	**13** g	**1,290** mg
1,590 kJ	84% of a day	19 g net · 14 g sugars	26% of a day	4.2 g saturated	56% of a day
		10% of a day		17% of a day	

Energy from net carbs 21% · protein 47% · fat 32% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 128% · Zinc 96% · Selenium 74% · Vitamin A 65% · Vitamin B6 54% · Vitamin C 33% · Vitamin K 31% · Iron 29% · Potassium 23% · Omega-3 23% · Folate 20%

Source of (10–19%) Magnesium 18% · Vitamin E 14%

⚠ One serve has about 56% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: nadia elsayed (@Nadiaelsayed) on YouTube — youtube.com/watch?v=iW70DqJS0p4, published 25 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/egyptian-bisella-pea-beef-stew