ETHIOPIAN · DINNER

Awaze Tibs (Ethiopian Spicy Beef)

25 min · Serves 6 · 381 kcal a serve · Video 3:25 · Low Carb Africa

Gluten-free ingredients · Nut-free

A quick, fiery beef sauté: one serve gives about 26 g of protein, is rich in vitamin B12, selenium and zinc, and has no added sugar.

Diet notes: Keto (2.5 g net carbs a serve).

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Ingredients 18 · SERVES 6

- [ ] 3 tbsp **berbere**, for the awaze sauce
- [ ] 1 tsp **black pepper**, for the awaze sauce
- [ ] 1/2 tsp **ground cumin**
- [ ] 1/2 tsp **ground ginger**
- [ ] 1/2 tsp **salt**, for the awaze sauce
- [ ] 1 tbsp **olive oil**, for the awaze sauce
- [ ] 60 ml **water**
- [ ] 680 g **beef**, cut into bite-sized pieces
- [ ] 3 tbsp **olive oil**, for searing
- [ ] 1/2 tsp **salt**, for the beef
- [ ] 1/2 tsp **black pepper**, for the beef
- [ ] 1 tsp **berbere**, for the beef
- [ ] 70 g **niter kibbeh** (Ethiopian spiced clarified butter)
- [ ] 1/2 **onion**, sliced
- [ ] 2 cloves **garlic**, minced
- [ ] 1 **jalapeño**, sliced
- [ ] 1 tbsp **lemon juice**
- [ ] **cilantro** (coriander), to garnish

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

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the awaze: mix the 3 tbsp berbere, black pepper, cumin, ground ginger and salt with the olive oil and water to a smooth paste (or blitz in a food processor). Set aside. 0:14
2. Heat the 3 tbsp olive oil in a large pan over high heat. Season the beef with salt, pepper and 1 tsp berbere and brown it on all sides, then lift it out. 0:38
3. Melt the niter kibbeh in the same pan and sauté the onion and garlic until soft, then add the jalapeño. 1:53
4. Stir in the awaze paste and let it simmer for a few minutes, then return the beef and toss to coat. 2:24
5. Add the lemon juice, simmer briefly, scatter with cilantro and serve.

> **Tip** Serve with injera, or with cauliflower rice to keep it low-carb. Leave out the jalapeño seeds or use less berbere for a milder dish.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
381 kcal 1,590 kJ	26 g 51% of a day	4.4 g 2.5 g net · 1.1 g sugars 2% of a day

FIBRE	FAT	SODIUM
1.9 g 7% of a day	30 g 12 g saturated 38% of a day	440 mg 19% of a day

Energy from net carbs 3% · protein 27% · fat 70% — fits keto: 2.5 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin B12 50% · Selenium 50% · Zinc 41% · Vitamin B6 37% · Vitamin A 22% · Vitamin E 21%

Source of (10–19%) Iron 16% · Vitamin K 12%

Recipe and video: Low Carb Africa (@LowCarbAfrica) on YouTube — youtube.com/watch?v=YuoiZ2W7IOc, published 6 June 2024. 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/awaze-tibs-ethiopian-beef