TUNISIAN · LUNCH · DINNER

Kamounia (Tunisian Cumin Beef and Liver Stew)

كمونية تونسية باللحم والكبدة

90 min · Serves 4 · 502 kcal a serve · Video 16:56 in Arabic · Sonia Cuisine

Gluten-free ingredients · Dairy-free · Nut-free

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About 43 g protein and 7 g net carbs a serve, and the lamb liver makes it very rich in vitamin A, vitamin B12 and iron.

Diet notes: Low carb (6.8 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 19 · SERVES 4

- [ ] 350 g **veal or beef** (habra, inside round), in small pieces
- [ ] 250 g **lamb liver**, in small pieces
- [ ] 1 **lamb kidney** (about 60 g), in small pieces
- [ ] 100 ml (10 cl) **olive oil**
- [ ] 2 **fresh tomatoes**, chopped
- [ ] 1 **long green pepper**, sliced
- [ ] about 100 g chopped **flat-leaf parsley**, to finish
- [ ] 1 **spring onion**, chopped, to finish
- [ ] 5 cloves **garlic**, crushed
- [ ] 1 tbsp **tomato paste**
- [ ] 1 tsp **harissa arbi** (Tunisian chilli paste)
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **paprika**
- [ ] ½ tsp **turmeric**
- [ ] ¼ tsp **ground coriander** (half of ½ tsp tabel w karwiya)
- [ ] ¼ tsp **ground caraway** (the other half)
- [ ] ½ tsp **salt**
- [ ] 1 scant tsp **black pepper**, plus a grind to finish
- [ ] **hot water**: 200 ml to cover the meat, then a little more as it cooks

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the liver, kidney and veal into small, even pieces; keep the liver and kidney in the fridge until halfway through cooking. 3:16
2. Heat the olive oil over medium heat, add the veal and season it straight away with the salt, pepper, turmeric and paprika. Brown for about 2 minutes. 5:04
3. Add the tomatoes and let them release their juice, then the coriander and caraway for 2 minutes. Stir in the tomato paste and harissa and simmer 5 minutes, until the oil starts to separate. 6:25
4. Pour in about 200 ml hot water, just to cover the meat. Cover and simmer 15 minutes. 8:21
5. When the veal is starting to soften, add the liver and kidney and stir. Let it come back to the boil, adding a little hot water if needed. 9:29
6. Stir in the crushed garlic halfway through and keep simmering, covered, adding splashes of hot water, until the veal is tender (about 30 minutes more). Leave on low heat until the oil rises to the top. 10:38
7. Add the sliced green pepper and the cumin for the last 5 minutes, then finish with freshly ground black pepper. 13:56
8. Serve scattered with the chopped parsley and spring onion. 16:19

> **Tip** Serves 4 is our estimate. Tunisians mop it up with crusty bread; a green salad keeps it lower in carbs. Lamb's heart can replace the kidney, and lean beef the veal. Keeps 2 days in the fridge.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
502 kcal	43 g	9.6 g	2.8 g	32 g	410 mg
2,100 kJ	86% of a day	6.8 g net · 3 g sugars	10% of a day	6.6 g saturated	18% of a day
		3% of a day		41% of a day	

Energy from net carbs 6% · protein 35% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 1900% · Vitamin A 410% · Vitamin K 372% · Selenium 160% · Zinc 67% · Vitamin C 67% · Iron 50% · Vitamin B6 39% · Vitamin E 31% · Folate 27%

Source of (10–19%) Potassium 17% · Omega-3 17% · Magnesium 15%

Recipe and video: Sonia Cuisine (@SoniaCuisine) on YouTube — youtube.com/watch?v=GnpbTHbORJA, published 2 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/tunisian-kamounia-beef-liver