

# beef samosas

prep: 30m  
fry: 20m

serves: 6-10  
freezer friendly

## ingredients:

Photo  
Coming  
Soon

1 lb ground beef	oil
2 large peeled potatoes	1/2 tsp black pepper
2 chopped onions	1 1/2 tsp salt
2 tbsp vegetable	1 tsp coriander
1/2 teaspoon cumin seeds	1 tsp turmeric
1 crushed bay leaf	1 tsp chili powder
4-6 tsp minced garlic	1/2 tsp cinnamon
1 tbsp minced ginger	1/2 tsp cardamom
1 tsp cumin	phyllo dough
1 tsp coriander	oil for frying

## instructions:

- boil, then mash potatoes
- in a large saucepan, heat oil, brown cumin seeds and bay leaf
- add onion and ground beef, cook until browned
- add garlic, ginger, spices
- mix in mashed potatoes, chill or freeze
- to serve, fold a spoonful of mix in to phyllo dough (this will take practice) and fry in oil

## notes:

- ✓ vegan friendly
- ✓ serve over rice or quinoa
- ✓ freezer friendly
- ✓ spice to taste
- ✓ potluck friendly

