<u>Parseekhemo</u>

1. *Recipe name and the number of servings the recipe yields: **Parseekhemo - 4**

3. *Step-by-step preparation and cooking/baking directions:
    1. **Take a non stick vessel. Pour Olive oil.**
    2. **Chop onions and fry until becoming light brown**
    3. **Add garlic and ginger. Mix & heat for 4 minutes**
    4. **Add cumin seeds, black peppercorn, black cardamom. Mix & heat for 4 minutes**
    5. **Dice tomato and chopped chili and mix with the above contents for 4 minutes**
    6. **Add ground meat: Turkey or Chicken and add 1.5 tea cup of water, two tea-spoons of salt.**
    7. **Add Cinnamin stick, crushed bay leaves and chopped cilantro**
    8. **Mix all and keep at medium flame for 20 minutes.**
    9. **Check water after 20 minutes or else add a cup more, stir it until meat is cooked.**
    10. **Add half cup of chopped cilantro and mix it or spread on top before serving**
4. *Description of how this recipe is healthy. (For example, low fat, low cholesterol, low sugar, gluten free, low carbohydrates, uses lean meat, includes vegetables and/or fruit, suitable for special dietary needs?):

This dish has Turkey or Chicken: white meat (protein diet), olive oil (healthy for heart) Onions (good for Blood) Tomatoes (It contains a multitude of vitamins and minerals that act to support health); Ginger Garlic (healthy for heart); spices are good for skin texture. Cilantro (Cilantro is an herbal medicine sometimes used to treat indigestion, heartburn, nausea, stomach pain), flatulence (passing gas), and loss of appetite.)

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