PAKISTAN BEEF CURRY

4 tbsp. light olive oil

4 med. onions, coarsely chopped

2 cloves garlic, minced

1/2 (6 oz.) can tomato paste

2 c. water

1/2 tsp. garlic powder

3 tbsp. curry powder, adjust to taste

2 lbs. boneless beef or lamb, cubed

6 lg. potatoes, cubed

In a Dutch oven, sauté onions in olive oil until translucent. Add minced garlic, tomato paste, water, garlic powder, curry powder and salt. Cook until mixture begins to thicken and onions are tender. Add beef or lamb and cover. Simmer on low heat for 1 hour, being careful not to boil.

Add potatoes and continue to simmer for another hour or until potatoes are tender. Taste and adjust seasonings, adding salt and curry or garlic powder, if needed. Add water to desired consistency.

Serve over hot rice with flour tortillas that have been heated.