Kenyan Beef Wet Fry

Ingredients:

- 1 kg beef (such as chuck or stewing beef), cut into bite-sized pieces
- 2 medium onions, finely chopped
- 2 tomatoes, chopped
- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1 tablespoon ginger paste
- 1 tablespoon tomato paste
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon chili powder (adjust to taste)
- Salt and pepper to taste
- Fresh cilantro leaves, chopped, for garnish

Instructions:

1. Heat the vegetable oil in a large skillet or frying pan over medium-high heat.
2. Add the finely chopped onions to the hot oil and sauté until they become soft and translucent.
3. Add the minced garlic and ginger paste to the skillet, and cook for another minute until fragrant.
4. Add the chopped tomatoes and tomato paste to the skillet, stirring well to combine.
5. Cook the tomato mixture for a few minutes until it starts to break down and form a thick sauce.
6. Add the beef pieces to the skillet, stirring to coat them evenly with the tomato sauce.

7. Season the beef with ground coriander, ground cumin, paprika, chili powder, salt, and pepper. Mix well to combine.

8. Reduce the heat to medium-low, cover the skillet, and let the beef simmer for about 45-60 minutes, stirring occasionally, until the beef is tender and the flavours have melded together. If the sauce becomes too dry during cooking, you can add a splash of water as needed.

9. Taste and adjust the seasoning with salt, pepper, and additional chili powder if desired.

10. Once the beef is cooked and the sauce has thickened to your desired consistency, remove the skillet from the heat.

11. Garnish the Kenyan Beef Wet Fry with chopped fresh cilantro leaves before serving.

12. Serve the beef wet fry hot with rice, chapati, ugali, or your favourite side dish.