



African Safari Pilaff

- 1 pound regular ground beef or turkey
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 1/4 to 1/2 teaspoon ground red pepper (optional, for heat)
- 1-1/2 teaspoons curry powder
- 1 cup dry brown rice or converted white rice
- 2-1/2 cups water
- 2 teaspoons beef broth powder
- 1/2 teaspoon salt
- 1/4 teaspoon ginger
- 3 tablespoons peanut butter
- 1/3 cup raisins
- 6 tablespoons shredded coconut
- 6 tablespoons peanuts

Get out a big skillet with a good lid. Fry the ground beef or turkey in a large skillet and break it up into small pieces. Drain off the fat. Rinse the meat in hot water and return it to the skillet. Add the onions and garlic and sauté until the onions are tender. Add the rice and stir it around until it looks a little toasty, about 2 or 3 minutes. Add the water, bouillon, salt, red pepper, ginger, peanut butter, and raisins. Bring the mixture to a boil. Reduce the heat to low. Cover the pan with a good lid or even a pizza pan if you don't have a lid handy. If you used brown rice then simmer the mixture for about 45 minutes, or until the rice is tender. If you used converted rice then simmer the mixture 25 minutes, or until the rice is tender. If the mixture seems dry, then add a little extra water towards the end. Serve the mixture in bowls, topped with a tablespoon each of coconut and peanuts on each serving. Serve this with sliced tomatoes, pickles, and lemon gelatin.

Makes 6 servings.

With Regular Ground Beef, Drained & Rinsed

Per Serving (excluding unknown items): 403 Calories; 20g Fat (43.8% calories from fat); 20g Protein; 38g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 371mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat.

With Regular Ground Turkey

Per Serving (excluding unknown items): 379 Calories; 19g Fat (43.0% calories from fat); 18g Protein; 38g Carbohydrate; 3g Dietary Fiber; 28mg Cholesterol; 371mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat.

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1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

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