

North African Loubia with Tomato, Spices & Fall-Apart Beef

Loubia - Moroccan Stewed Beef with White Beans



TIME
30 min

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INGREDIENTS

500g beef (chuck, shank, or shoulder), cut into chunks
250g dried white beans, soaked overnight - or 1 can (drained & rinsed)
2 medium onions, finely chopped
3 garlic cloves, minced
400g crushed or peeled tomatoes (or 3 fresh, grated)
2 tbsp tomato paste
4 tbsp olive oil
1 tsp sweet paprika
½ tsp mild chili powder (adjust to taste)
1 tsp ground cumin
1 tsp ground coriander
½ tsp black pepper
Salt to taste
1 bay leaf
1 liter water or beef broth
Fresh parsley or cilantro, chopped (for garnish)

DIRECTIONS

- 1. Prep the Beans:** If using dried beans, drain after soaking overnight and boil in fresh water for 30 minutes. Drain and set aside. If using canned, simply rinse and set aside.
- 2. Brown the Beef:** Heat olive oil in a large Dutch oven or deep pot over medium heat. Sear beef pieces until browned on all sides. Remove and set aside.
- 3. SautØ the Aromatics:** In the same pot, add onions and cook until translucent (about 5 minutes). Stir in garlic and cook for 1 minute more.
- 4. Build the Base:** Add paprika, cumin, coriander, chili powder, and black pepper. Stir for 1 minute to bloom the spices. Then add crushed tomatoes and tomato paste. Simmer for 5 minutes to meld flavors.
- 5. Combine & Simmer:** Return the beef to the pot along with the beans. Pour in water or broth until just covering everything. Add the bay leaf.
- 6. Low and Slow:** Cover and simmer on low heat for 1.5 to 2 hours, until beef is tender and beans are soft. Stir occasionally and add a bit more water if the sauce thickens too much.
- 7. Final Touch:** Taste and adjust salt and spice levels. Remove bay leaf. Garnish with chopped parsley or cilantro.

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Original recipe: <https://chefmaniac.com/north-african-loubia-with-tomato-spices-fall-apart-beef/>