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GF Friendly

Beef and Vegetable Curry

An easy, adaptable rich meat curry with vegetables

- 300g diced beef (or diced meat of choice)
- 1 beef Oxo cube or similar + 600ml hot water
- 2 small potatoes
- 1 carrot
- ¼ cup frozen green beans
- ½ onion
- 2 cup mushrooms
- 1 tsp minced garlic (or crushed clove)
- 2 rounded tsps curry powder (less if preferred)
- 1 Tbsp brown gravy powder + water
- 1 Tbsp olive oil (or other)



1 tsp salt and ¼ tsp black pepper (optional)

Place the beef in a sauce pan with the hot water and crumbled stock cube, bring to the boil; then turn down and simmer for 30 minutes, adding more water if necessary to ensure it doesn't dry out. While the beef is tenderising, prepare the vegies.

Peel and cube the potatoes and carrot; then boil in water until **just** softening. Peel the mushrooms and coarsely chop both these and the onion. Warm the garlic and curry powder in the oil; then add the onion and mushrooms. Fry these until softening; now drain the cooked vegies, add to the pan and toss to coat with juices. Turn off the heat if the beef hasn't finished cooking at this stage. Once it has, transfer the beef to the pan using a straining spoon and mix well. If necessary, top the remaining stock up to about 600ml; blend the gravy powder with a little water and stir this in with salt and pepper if using.

Finally, add the stock to the ingredients, turn the heat to medium and continue stirring until the sauce thickens. Turn down and simmer partially covered for 30 minutes, stirring occasionally. If the sauce seems too thin for your liking, leave the cover off to reduce the liquid. Taste-test to decide if anything else needs adding.

Serves 2 as it is, or with rice

Freezing not recommended if potatoes are included.

Tip: you can use other meat such as lamb, pork or chicken, even meat mince; but these do not require tenderising first. See Handy Hints for mixing your own spices.

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