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**GF Friendly**

## Encore Soup Curry

An easy curry using leftover soup as a base

After I made a vegetable soup (see Recipe BSR24) I had some leftover, but it wasn't really enough for two serves the following day; so I decided to use it to make a curry. I just pulled out a beef steak from the freezer, trimmed the fat then cubed it. I figured the soup didn't look to have enough vegies, so I added a cubed potato and some sliced capsicum to simmer with the meat. It worked a treat.

500ml soup – yesterday's leftover, or other  
 200g diced beef, or other meat  
 1 medium potato, peeled and cubed  
 ¼ capsicum, cut in pieces as big as you like  
 Extra vegies + onion if not already in the soup  
 1 tsp curry powder (for tenderising meat)  
 1 Tbsp beef stock powder  
 300ml water, or sufficient to cover potato and beef  
 1 dessert spoon curry powder\* (less if preferred)



\* I used Clive of India

Place the cubed beef in a large pan with the potato and capsicum, plus the teaspoon of curry powder and stock powder. Pour on the water and add more if necessary to ensure it just covers the contents. Bring this to the boil; then turn down to simmer partially covered for 40 minutes, or until the potato is softening. Check occasionally to make sure it doesn't boil dry.

Add the soup to the meat mix along with the dessert spoon of curry powder, stir to combine; and after bringing to the boil, turn down to simmer partially covered for about 30 minutes, stirring occasionally. If you prefer less liquid, continue cooking with the lid off to reduce. Alternatively, should it be too dry for your liking, add some water and heat for a little longer.

Serves 2, more with rice or noodles

Freezing only okay if you take out the potato

**Tip:** cheaper cuts of some meats like beef and lamb can be tenderised by simmering in water (with stock and spices if you like) for 30-40 minutes. It can then be used in pies, curries and other dishes.

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