

**GF Friendly**

### Madras Beef and Vegetable Curry

**A variation on an Indian-style favourite curry**

I fancied making a Madras curry for tea and was sure I'd included it on the ASOH recipes, but it wasn't there. Plus, I'd run out of Madras spices. So, I started from scratch and made up a fresh lot of spice. Then I thought – it's going to be simmering for a while, so why not lob in a few vegies to make it like a curry stew? It worked really well.

Although I used meat, vegetarians can leave it out altogether along with the Oxo cube and simply substitute more vegies. As for these, it's your choice which types you use.

- 300g diced beef
- ½ onion, coarsely chopped
- 1 stick celery, sliced across the stalk
- 1 cup mushroom, peeled and sliced
- 1 carrot, coarsely sliced
- ½ cup sweet potato, diced
- ½ cup frozen peas
- ½ cup tomato juice
- ½ tsp salt (optional)
- Water
- 2 rounded tsp Madras curry spices – see Handy Hints mix your own spice



Prepare the vegetables and meat, place in a good-sized pan with the crumbled Oxo cube and the Madras curry spices. Cover with water, give it a stir; then bring to the boil. Turn down the heat to simmer and **partially** cover with a lid.

Cook this for 30 minutes, stirring occasionally and adding more water if necessary – you want something resembling soup. Check the vegetables and if they have softened for your liking, remove the lid and carry on cooking for a further 20 minutes or so to reduce the liquid to a gravy consistency.

This is one of those dishes that can be prepared earlier, taken off the heat and covered with a lid to be re-heated later.

Serves 2 with rice

Freezing not recommended if potatoes are used

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