

Beef and Bean Curry

A one-pan tasty beef curry with kidney beans

I used Clive of India curry powder which gave this a relatively sweet taste and, of course, the usual Indian aroma; but you can experiment with any curry or other spices – see Handy Hints Mix Your Own Spices. As for the beans, there are a few different types that come in cans ready to use like borlotti and 3-bean mix. I par-boiled the potato cubes and shallow-fried them in olive oil first; then set them aside and drained most of the oil, leaving just a tablespoon in the wok for the following recipe...

400g lean beef steak, diced
 1 medium onion, coarsely chopped
 1 carrot, peeled and diced
 200g fresh tomatoes, peeled and diced
 ½ can condensed mushroom soup
 1 can kidney beans, rinsed and drained
 2 level Tbsps Clive of India curry powder
 1 cup water
 1 beef Oxo cube, or other
 1 tsp garam masala
 Salt and pepper (optional)
 1 Tbsp olive oil



Warm the garam masala in the oil, then fry the beef, turning frequently to sear well before adding the chopped onion. Stir-fry until the onion softens; then put in the carrot and cook a further 5 minutes covered, tossing occasionally. Sprinkle on the Oxo cube or stock powder, plus the curry powder and mix in the water. Bring this to the boil while stirring before turning down to simmer covered for 20 minutes – give it the odd stir. Now include the diced tomato and kidney beans, mix in the mushroom soup and combine well. Taste-test and add salt and pepper if using; more spice if you fancy, but don't overdo it.

Should you prefer a thicker curry, continue cooking with the lid off to reduce some liquid. Once it is to your liking it can be left covered (with the heat turned off, of course) to be reheated later.

Serves 4 with rice and vegetables

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