

## Indian-Style Beef Stir-Fry

Preparation time	10 minutes
Cooking time	30 minutes
Servings	5
Cost per serving	\$1.97
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Cutting board, sharp knife, measuring cups and spoons, large frying pan, wooden spoon, can opener



## Ingredients



15 ml (1 tbsp) canola oil



1 large or 2 small yellow onions, chopped (about 250 ml / 1 cup)



1 medium size carrot, peeled and chopped



3 garlic cloves, finely chopped



30 ml (2 tbsp) fresh ginger, chopped (optional)

YOU CAN USE THE OTHER HALF OF THE CAN TO COOK THE RICE (REDUCE THE AMOUNT OF WATER IN THE RICE RECIPE BY ABOUT 375 ML OR 1½ CUPS), OR SIMPLY FREEZE FOR FUTURE USE.



15 ml (1 tbsp) curry powder



Salt and pepper to taste



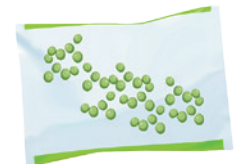
500 g (1 lb) medium-lean ground beef



375 ml (1½ cups) diced tomatoes (about ½ of a 796 ml can)

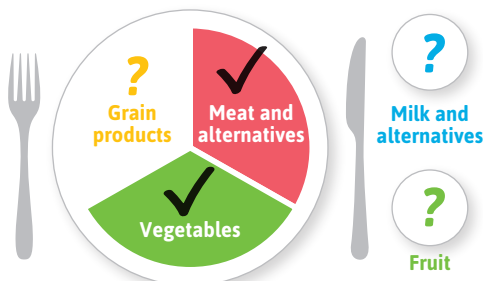


125 ml (½ cup) milk



250 ml (1 cup) frozen green peas

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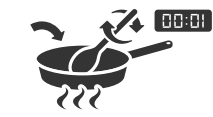
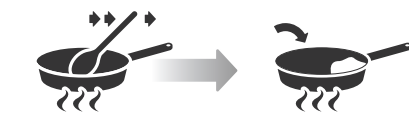






### Balanced plate

Serve with:

- ? A grain product (rice, for example)
- ? A fruit
- ? A glass of milk or fortified soy beverage

# Directions

1	In a large frying pan over medium-high heat, cook the <b>onions</b> and the <b>carrot</b> in the <b>oil</b> until the onion is transparent (about 2 minutes).	
2	Add the <b>garlic, ginger, curry powder, salt</b> and <b>pepper</b> . Stir and cook for 1 minute.	
3	Push all the ingredients to one side of the frying pan. Add the <b>ground beef</b> where the vegetables used to be and cook stirring very little.	
4	Once the beef starts to brown, stir in the curried vegetables. Cook for 2 more minutes over medium-high heat.	
5	Add the <b>tomatoes</b> and the <b>milk</b> to the frying pan. Reduce heat to medium-low and cook, stirring occasionally, for about 10 minutes.	
6	Add the <b>frozen green peas</b> . Stir and cook for 2 minutes. <b>Variation:</b> Feel free to add any spices you may have on hand! (cardamom, garam masala, etc.)	
7	Serve the beef stir-fry with a grain product (rice, for example) and vegetables.	

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition