



SHELburne FARMS

Beef & Potato Curry Stew

From James McCarthy, Food Services Director

INGREDIENTS

2 lbs. ground beef
2 tablespoons coconut oil
1 small onion – diced
1 red pepper – diced
1 green pepper – diced
1 clove garlic – minced
1 tablespoon fresh ginger
1 medium sweet potato – cubed
1 large potato – cubed
2 cups chicken stock
1 can (14oz.) coconut milk
1 can (14oz.) diced tomatoes
2 tablespoons yellow curry powder
2 tablespoons red curry paste
1 teaspoon black pepper
2 tablespoons honey
2 tablespoons soy sauce
Salt to taste

INSTRUCTIONS:

1. In a large pot, heat the oil until it shimmers then add the ground beef and cook until browned.
2. Add the onion, peppers, garlic and ginger and sweat over medium heat for 3-4 minutes until the onions are translucent.
3. Add the remaining ingredients and bring to a boil. Lower heat and simmer for 15-20 minutes until the potatoes are soft. Taste and adjust seasoning as desired.