

## BEEF CURRY RECIPE

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Makes 6 servings

**PER SERVING:** (excluding coconut)

516 Calories

11.8g Carbs

2.5g Fiber

9.3g Net Carbs

32.3g Fat

42.6g Protein

(56.3% Fat, 8.8% Carbs, 34.9% Protein)

### INGREDIENTS

¼ cup coconut oil

1 cup coarsely chopped onion

4 cloves garlic, coarsely chopped

1 tbsp chopped fresh gingerroot (about 1-inch piece)

3 tbsp yellow curry powder

1 28-oz can plum tomatoes with juice

2 lbs stewing beef cut in 1-inch cubes

1 whole Anaheim pepper

¼ cup chopped fresh coriander (cilantro)

salt and pepper to taste

Shredded coconut (optional)

## **DIRECTIONS**

Put the onion, garlic and ginger into a food processor and process until very finely chopped.

Add the coconut oil in a large pot and heat on medium high heat and add the onion mixture. Cook for about 4 minutes, stirring until the mixture just begins to brown. Add the curry powder and cook for another minute.

Stir in the tomatoes and the juice. Bring to a boil over high heat, scraping up the browned bits from the bottom.

Add the beef cubes and the whole Anaheim pepper. Reduce the heat to medium-low and simmer for about 1-1/2 hour or until the beef is really tender. Discard the pepper.

Serve the curry in warm bowls and top with fresh coriander. I love it topped with shredded coconut, as featured here, which changes the carb count of the recipe, of course!

Cheryl Poulin

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