

Asian Braised Beef With Vegetables

Tender beef is slow-cooked in coconut milk to make this hunger satisfying Asian beef and vegetable dish.



INGREDIENTS

- 2-1/2 pounds beef Stew Meat, cut into 1-1/2-inch pieces
- 1 can (13-1/2 to 14 ounces) coconut milk
- 1/2 cup golden raisins
- 1 tablespoon curry powder
- 1 package (16 ounces) frozen Asian vegetable blend
- 6 cups cooked toasted almond rice pilaf or toasted pine nut couscous (optional) - Two packages (5.6 ounces each) toasted pine nut couscous mix or 2 packages (6.6 ounces each) toasted almond rice pilaf mix yield approximately 6 cups cooked couscous.
- Salt



2.50
Hours



8
Servings



42 Cal



51g
Protein

COOKING

1. Combine beef, coconut milk, raisins and curry powder in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender.
2. Stir in frozen vegetables; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are just tender, stirring occasionally.
3. Serve beef mixture over couscous, if desired. Season with salt.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		17g	105mg		132g	51g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com