

# 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		
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