

Curried Rice with Beef

INGREDIENTS

- » 2 cups water
- » 1 cup onion, chopped
- » 1 cup carrots, chopped
- » 1 tbsp instant beef bouillon granules
- » 1 tbsp curry powder
- » 1 tsp cumin
- » 1 clove garlic, minced
- » 1/4 tsp salt
- » 1 cup long-grain brown rice, uncooked
- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil
- » 1 lb beef sirloin steak, boneless, cut across grain into 1/8" strips
- » 1/2 cup frozen petite green peas
- » 2 medium tomatoes, chopped
- » 1/3 cup chopped dry-roasted peanuts

Nutritional Content

Per Serving

Calories	451 cal	Cholesterol	69mg
Protein	33g	Sodium	368mg
Carbohydrate	45g	Calories from Fat	28%
Fat	14g	Fiber	5g
Saturated Fat	3g		

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INSTRUCTIONS

In a large saucepan add water, onion, carrots, bouillon granules, curry powder, cumin, minced garlic, and salt. Bring to a boil and stir in rice. Cover and simmer over low heat for 25 to 30 minutes or until rice is done. Meanwhile, in a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add vegetable oil. When hot, add beef strips and cook 5 to 6 minutes or until done. Combine and stir beef strips, green peas, and chopped tomato into rice mixture. Cover and simmer about 5 minutes more, until rice and peas are tender. Top each serving with chopped peanuts. Serves 4.

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