



Beef Curry with Toasted Spices

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 3.5 pounds beef stew meat trimmed cut into bite-sized pieces
- 2 teaspoons pepper black freshly ground
- 0.5 cup cilantro stems fresh minced
- 1 inch cinnamon sticks
- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- 1 tablespoon curry powder homemade

- 2 teaspoons fenugreek seeds
- 3 tablespoons ginger fresh minced peeled
- 0.3 cup garlic minced
- 0.5 teaspoon ground cardamom
- 2 tablespoons hungarian paprika sweet
- 2 cups yogurt plain low-fat
- 1.5 cups low-salt beef broth
- 1 tablespoon olive oil divided
- 3 cups onion vertically sliced
- 1 cup bell pepper red chopped
- 2 chiles dried red hot
- 0.3 teaspoon salt
- 1.5 teaspoons salt
- 2 tablespoons sugar
- 0.5 cup tomato purée

Equipment

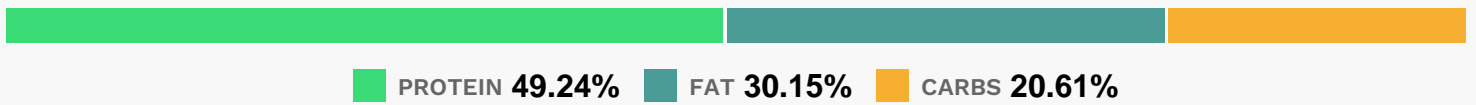
- frying pan
- slotted spoon
- dutch oven

Directions

- To prepare beef, combine first 3 ingredients; rub evenly over beef. Cover and chill 2 hours, tossing occasionally.
- To prepare toasted spices, heat a nonstick skillet over medium-high heat.
- Add coriander and next 6 ingredients (coriander through bay leaves); cook 1 minute or until fragrant, shaking pan constantly.
- Place coriander mixture, sugar, cardamom, and 1/4 teaspoon salt in a spice or coffee grinder, and process until finely ground.

- Heat 1 1/2 teaspoons oil in Dutch oven over medium-high heat.
- Add half of beef mixture; saut 5 minutes or until browned on all sides.
- Remove from pan with a slotted spoon. Repeat procedure with remaining oil and beef mixture; remove from pan. Reduce heat to medium.
- Add onion and ginger to pan; cook 6 minutes or until onion is tender, stirring occasionally.
- Add the toasted spice mixture, garlic, and paprika; cook 1 minute, stirring constantly.
- Add beef, yogurt, and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 1 hour and 30 minutes or until the beef is tender.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:2.78, Inflammation Score:-8, Nutrition Score:22.50260854804%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 273.28kcal (13.66%), Fat: 9.11g (14.02%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 11.44g (4.16%), Sugar: 7.86g (8.74%), Cholesterol: 84.47mg (28.16%), Sodium: 562.42mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.97%), Selenium: 39.39µg (56.28%), Vitamin B6: 1.06mg (53.15%), Vitamin B3: 9.79mg (48.94%), Vitamin B12: 2.7µg (44.95%), Zinc: 6.21mg (41.42%), Phosphorus: 385.76mg (38.58%), Vitamin C: 21.85mg (26.48%), Iron: 4.37mg (24.3%), Vitamin A: 1123.31IU (22.47%), Potassium: 783.99mg (22.4%), Vitamin B2: 0.36mg (21.46%), Manganese: 0.33mg (16.3%), Magnesium: 59.05mg (14.76%), Calcium: 139.47mg (13.95%), Vitamin B1: 0.19mg (12.6%), Copper: 0.24mg (11.8%), Fiber: 2.58g (10.33%), Vitamin B5: 1.02mg (10.2%), Vitamin E: 1.49mg (9.96%), Folate: 39.41µg (9.85%), Vitamin K: 7.75µg (7.38%)