



Curried Beef Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 cups beef broth
- ☐ 2 pounds ground beef trimmed cut into 1 1/2"-2" cubes
- ☐ 1 cup carrots peeled halved lengthwise
- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 2 tablespoons galangal fresh peeled sliced
- ☐ 0.3 cup garlic clove halved
- ☐ 6 kaffir lime leaves fresh
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 lemon grass cut into 1" pieces
- ☐ 1 cup shallots halved
- ☐ 1 tablespoon shrimp paste
- ☐ 3 tablespoons soya sauce thin (such as Healthy Boy)
- ☐ 4 servings thai basil thinly sliced
- ☐ 2 tablespoons thai chile dried
- ☐ 2 tablespoons turmeric fresh peeled sliced
- ☐ 6 guajillo chiles* dried stemmed seeded

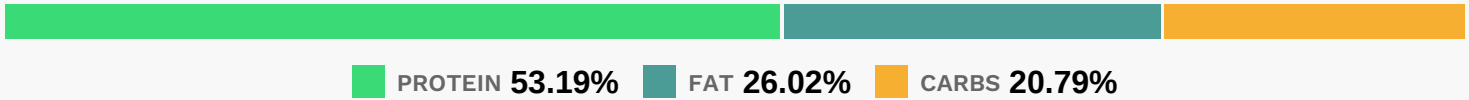
Equipment

- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ In a mortar, pound chiles and salt with a pestle until pulverized, about 5 minutes.
- ☐ Add ingredients one by one in order listed, fully pulverizing each before adding the next, about 15 minutes total. DO AHEAD: Can be made 1 week ahead; cover and chill.
- ☐ Combine curry paste, beef, soy sauce, and ground dried chiles in a pot; stir to evenly coat beef. Cook, stirring occasionally, over medium heat for 5 minutes.
- ☐ Add broth and bring to a boil. Cover, reduce heat to medium-low, and simmer, stirring occasionally, until beef is tender but not falling apart, 2–2 1/2 hours.
- ☐ Stir in shallots, carrots, and lime leaves. Simmer until vegetables are just tender, about 10 minutes. If broth is too salty, add water a few tablespoonfuls at a time.
- ☐ Garnish with cilantro and basil.

Nutrition Facts



Properties

Glycemic Index: 57.21, Glycemic Load: 4.41, Inflammation Score: -10, Nutrition Score: 40.973912933598%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 474.08kcal (23.7%), Fat: 13.56g (20.86%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 18.93g (6.88%), Sugar: 9.14g (10.15%), Cholesterol: 183.36mg (61.12%), Sodium: 3372.73mg (146.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.38g (124.76%), Vitamin A: 6939.16IU (138.78%), Vitamin B3: 18.44mg (92.18%), Vitamin B12: 5.46µg (90.97%), Zinc: 12.29mg (81.92%), Vitamin B6: 1.45mg (72.7%), Selenium: 45.69µg (65.28%), Phosphorus: 620.06mg (62.01%), Iron: 9.88mg (54.9%), Potassium: 1666.18mg (47.61%), Manganese: 0.93mg (46.44%), Vitamin C: 30.18mg (36.58%), Vitamin B2: 0.62mg (36.48%), Magnesium: 99.77mg (24.94%), Fiber: 5.47g (21.86%), Vitamin K: 21.34µg (20.32%), Vitamin B5: 1.98mg (19.84%), Copper: 0.34mg (17.11%), Folate: 59.12µg (14.78%), Vitamin B1: 0.2mg (13.54%), Calcium: 133.04mg (13.3%), Vitamin E: 1.22mg (8.13%), Vitamin D: 0.23µg (1.51%)