



Slow Cooker Beef and Potato Curry

READY IN



620 min.

SERVINGS



6

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds stewing beef boneless cut into 1-inch (2.5 cm) pieces
- ☐ 5.5 ounce tomato sauce canned
- ☐ 2 carrots shredded
- ☐ 1 cup cup heavy whipping cream 10%
- ☐ 2 tablespoons curry powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons gingerroot minced
- ☐ 8 ounces green beans frozen thawed chopped (if)

- ☐ 2.5 cups beef broth reduced-sodium
- ☐ 0.5 cup yogurt plain
- ☐ 8 potatoes cut into chunks
- ☐ 6 servings salt

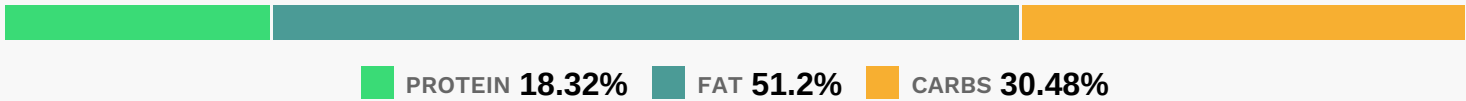
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ In a 5- to 6-1/2-quart (5 to 6.5 L) slow cooker, combine flour and curry powder; add beef and toss to coat. Stir in potatoes, garlic, carrots and ginger.
- ☐ Whisk tomato paste into beef broth and pour over beef mixture.
- ☐ Cover and cook on Low for 8 to 10 hours or on High for 4 to 6 hours or until beef is fork-tender.
- ☐ Stir in green beans and cream, cover and cook on High for 15 minutes or until beans are tender-crisp. Season to taste with salt. Top each serving with a dollop of yogurt and sprinkle with coriander and almonds (if using).

Nutrition Facts



Properties

Glycemic Index:60.93, Glycemic Load:39.93, Inflammation Score:-10, Nutrition Score:38.023913259092%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 802.29kcal (40.11%), Fat: 46.01g (70.79%), Saturated Fat: 21.32g (133.23%), Carbohydrates: 61.64g (20.55%), Net Carbohydrates: 52.6g (19.13%), Sugar: 7.56g (8.4%), Cholesterol: 154.83mg (51.61%), Sodium:

656.69mg (28.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.04g (74.09%), Vitamin A: 4399.07IU (87.98%), Vitamin C: 64.73mg (78.46%), Vitamin B6: 1.5mg (74.99%), Potassium: 2144.48mg (61.27%), Vitamin B12: 3.37µg (56.24%), Vitamin B3: 10.4mg (52.02%), Zinc: 7.68mg (51.2%), Phosphorus: 484.44mg (48.44%), Selenium: 26.99µg (38.56%), Iron: 6.65mg (36.93%), Manganese: 0.72mg (36.16%), Fiber: 9.04g (36.15%), Vitamin B2: 0.51mg (29.8%), Magnesium: 119.05mg (29.76%), Vitamin K: 31.12µg (29.64%), Vitamin B1: 0.38mg (25.67%), Copper: 0.5mg (25%), Folate: 85.67µg (21.42%), Vitamin B5: 2.03mg (20.26%), Calcium: 149.66mg (14.97%), Vitamin E: 2.14mg (14.25%), Vitamin D: 0.81µg (5.38%)