



# Hurry Beef Curry

## All for the Beef

**Prep** 20 mins

**Cook** 20 mins

**Yields** 6 servings



## Shopping List



Lean ground beef  
Onions  
Canola oil  
Garlic cloves  
Ginger  
Curry powder  
Garam masala  
Sweet potato  
Stewed tomatoes  
Unsweetened coconut milk  
Frozen peas  
Salt and pepper  
Fresh cilantro  
Cayenne pepper (optional)

## Ingredients

1 tbsp canola oil  
1 pound (500 g) lean ground beef  
1 medium onion, diced  
2 cloves garlic, minced  
2 tbsp ginger, minced  
1 ½ tbsp curry powder  
1 tsp garam masala  
½ tsp cayenne pepper (optional)  
1 medium sweet potato, peeled and diced to ½-inch cubes  
1 can (398 mL) stewed tomatoes with juice (can be fire-roasted)  
1 (400 mL) can unsweetened coconut milk  
⅔ cup frozen peas, thawed  
Salt and pepper to taste  
Fresh cilantro

## Instructions

1. In a large skillet, heat oil and add ground beef. Cook, stirring to break up lumps, until no longer pink, about 5 minutes.
2. Add onion, garlic, ginger, curry, garam masala and cayenne pepper (if using). Continue to cook, stirring, until onion is soft, about 3 minutes.
3. Add sweet potato, tomatoes in juice and coconut milk. Bring to boil, cover, reduce heat to medium and simmer for 15 minutes.
4. Add peas and cook just to heat through. Serve over rice with chopped fresh cilantro and naan.



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This curry is a deliciously unconventional ground beef recipe. Serve it over naan bread.

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Recipe and image courtesy of Canada Beef <https://thinkbeef.ca/hurry-beef-curry/>