

Fragrant Curry Beef with Potatoes

2 Lbs Boneless Qualicum Island Beef
½ Cup Maureen Coconut Curry Sauce
3 Tbsp Veggie Oil
2 Tbsp Lemon Juice
1 Large Onion – ¼ cubed – ¾ diced
2 Bell Peppers - cut into strips
2 Large Tomatoes - diced
3 Tbsp Green Seasoning
1 TSP Salt
1 Tsp. Ground Pepper
1 Tsp Ground Thyme
3 Tbsp Fresh cilantro
¼ Cup Western Family Coconut Milk
1 Cup Western Family Beef Stock
1 Tsp Salt
½ Tsp Black Pepper

1. In a Medium size bowl add Beef and 2 Tbsp Lemon Juice, let it sit for 10 mins and drain.
2. Add ¼ Cup of Maureen Coconut Curry Sauce, Diced Onion, Salt and Black Pepper
3. Place a heavy bottom, medium pot over high heat and add 3 Tbsp Oil after 1 minute add the marinated Beef and stir for a minute, cover the pot and lower the heat for 15 minutes.
4. Peel the potatoes and cut them into cubes and set aside.
5. Raise the heat to high and add the cubed onion, tomatoes, green seasoning, beef stock, and Western Family coconut milk, cook for 30 mins on medium heat.
6. Add the diced Potatoes, ¼ cup Maureen's Curry Coconut Sauce, sprinkle in the thyme, and a tsp scotch bonnet pepper, stirring throughout.
7. Continue cooking for 1 hour covered over medium-low heat, when beef is tender add the bell peppers and a sprinkle of cilantro.
8. Serve with a bowl of fragrant rice - of your choice.