



Red Curry Beef

Serves six

2 cups diced squash of your choice
2 TBS oil – canola, vegetable, peanut or coconut
2 scallions – chopped
4 garlic cloves
½ TBS grated fresh ginger
1 pound flank steak – finely sliced
1 red bell pepper – sliced
1 TBS red curry paste*
1 cup thawed corn kernels
½ cup thinly sliced seeded and peeled cucumber
14.5 oz. unsweetened coconut milk
1 ½ tsp. salt
1 tsp. black pepper
Asian basil or basil leaves - optional

Place the squash in a wok or large skillet with some water. Cook it for about 15 minutes until almost cooked through. Remove from water and set aside. Discard the water.

Heat the wok or skillet. Add oil. Add the scallions, garlic and ginger. Cook for about 2 minutes, stirring frequently. Add the beef. Cook for about 4 to 5 minutes, stirring often. Add the bell peppers and cook for 4 to 5 more minutes. Move the meat to the sides and for a well. Add the curry paste and allow cooking for about 2 minutes. Mix well.

Return the squash to the pan. Add the corn kernels and cucumber. Mix well. Add the coconut milk and mix.

Add the salt and pepper and stir to mix. Bring curry to a simmer and cook for about 10 minutes. Turn off the heat and add the basil if using. Serve with white rice and enjoy!

Beef Curry no Rice - CALORIES 389.11; FAT 29.45 grs (sat 20.00; mono 3.9; poly 0.68); PROTEIN 19.87 grs ; FIBER 1.69 grs; CARBS 12.37 grs; CHOLESTEROL 35.25 mg; IRON 2.95 mg; SODIUM 811.29 mg; CALCIUM 38.02 mg