
Beef Curry II

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

1/2 cup margarine
3 pounds beef, cubed
1 clove garlic, crushed
1 cup chopped onion
1 to 1-1/2 tablespoons curry powder
1 cup chopped apple
2 tablespoons ketchup
1 to 2 cups chopped eggplant
1/2 cup chopped celery
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 bay leaf
2 teaspoons lemon peel
2 cups water
2 tablespoons brown sugar
cooked rice

Saute' the beef in margarine until browned. Add the garlic, onion, curry powder and apple. Saute' until the onion is tender. Add the ketchup, eggplant, celery, salt, pepper, bay leaf and lemon peel. Add two cups of water. Bring to a boil. Simmer covered for 1-1/2 hours. Just before serving add the brown sugar.

Serve over rice.

(Serve with curry accompaniments such as chopped pepper, chutney, peanuts, coconut, bananas, raisins, green onions, cucumber, pineapple and kumquats.)

Beef

Per Serving (excluding unknown items): 1156 Calories; 89g Fat (69.4% calories from fat); 65g Protein; 24g Carbohydrate; 5g Dietary Fiber; 228mg Cholesterol; 1370mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 2 Vegetable; 1/2 Fruit; 12 Fat; 1/2 Other Carbohydrates.