

# Japanese-Style Beef Curry Stew

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*1 large yellow onion  
1 large sweet red apple  
1 pound stew beef  
1 teaspoon Kosher salt  
1/2 teaspoon pepper  
2 tablespoons canola oil  
2 tablespoons garlic spice  
paste  
2 tablespoons ginger spice  
paste  
2 tablespoons tomato paste  
4 tablespoons curry powder  
1 teaspoon garam masala  
(or pumpkin pie spice)  
4 cups no-salt-added beef  
stock (or broth)  
1 large russet potato  
2 large carrots  
1 1/2 cups white rice  
3 tablespoons reduced-  
sodium soy sauce  
2 tablespoons sugar  
1/2 cup sliced green onions  
(optional)*

Chop the yellow onion (one cup); grate the apple. Season the beef with salt and pepper (wash hands).

Preheat a large stockpot on medium-high for 2 to 3 minutes.

Place oil in the pot. Add the beef in batches. Cook 3 to 4 minutes, turning occasionally, or until browned on all sides. Remove the beef and set aside.

Add the yellow onions to the same pot. Cook and stir for 4 to 5 minutes or until tender and lightly browned. Add the garlic, ginger and apples to the pot. Cook for 2 to 3 minutes, stirring occasionally, or until the apple starts to break down. Stir in the tomato paste. Cook for 1 minute, stirring often. Add the curry, garam masala, stock and the beef. Bring to a boil.

Reduce the heat to medium-low. Simmer for 45 minutes. Meanwhile, peel the potato and carrots. Cut into one-inch cubes.

Add the carrots and potatoes to the beef mixture. Cook for 30 more minutes or until the vegetables are tender and the beef is 145 degrees.

During the last 20 minutes of cooking time, prepare the rice following package directions. Stir the soy sauce and sugar into the stew.

Serve over the rice, topped with green onions, if desired.

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Per Serving (excluding unknown items): 1654 Calories; 33g Fat (18.0% calories from fat); 31g Protein; 311g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 4024mg Sodium. Exchanges: 16 1/2 Grain(Starch); 7 Vegetable; 6 Fat; 1 1/2 Other Carbohydrates.