

Big Sky Family Cooking Night - **March**
Montana Harvest of the Month: **Beef**

Curry Bowls serves 6-8

Ingredients:

2 Tablespoon	Coconut oil
1	Onion, peeled and diced
2 Tablespoon	Ginger, peeled
minced	
4	Garlic cloves, chopped
8 ounces	Beef, diced (optional)
1-2 cups	Vegetables (mushrooms, peppers, carrots, corn, broccoli, peas etc)
1/4 cup	Prepared curry paste (*or 1 1/2 cups homemade)
2 cups	Vegetable or chicken broth
2 -14 oz cans	Coconut milk (*If using homemade curry base, only use 1 can here)
2 Tablespoon	Brown sugar
3 Tablespoons	Soy sauce
Garnish	Lime wedges, chopped cilantro, scallion, mint, basil, jalapeno peppers



Methods:

Heat stock pot over medium-high heat, add oil

Add onions, cook about 5 minutes, add garlic and ginger and meat if using. Stirring to cook evenly, adjusting heat to maintain a sizzle.

Add remaining ingredients, stir from bottom of pot to release any "fond" (flavorful clinging bits) and simmer 15-20 minutes or until vegetables are cooked through.

Season with salt and pepper to taste.

Serve over rice, quinoa or more steamed or roasted vegetables.

Garnish with lime wedges, cilantro, scallion, mint, basil and jalapeño peppers.

Enjoy