

Turmeric Beef Stew

4 SERVINGS 55 MINUTES



INGREDIENTS

- 1 lb Top Sirloin Steak
- 2 Carrot (medium, chopped)
- 1 tsp Turmeric (ground)
- 1 tsp Coriander (ground)
- 1 tsp Cumin (ground)
- 1 tsp Ground Ginger
- 2 cups Beef Broth
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	315	Iron	3mg
Fat	22g	Vitamin D	0IU
Carbs	5g	Folate	22µg
Fiber	1g	Magnesium	35mg
Protein	24g	Zinc	4mg
Vitamin C	2mg		

DIRECTIONS

- 01 Cut steak into 1-inch cubes. Transfer to a mixing bowl with salt and pepper. Toss until the steak is well coated.
- 02 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 03 Add the carrots to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 04 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 05 Remove the lid and stir in the cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 06 Divide into bowls and enjoy!

NOTES

RECIPE ID 621

TOO THICK

If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.