

West Indian Goat Curry--With Beef

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-sweet-potato-pie-recipe>

Ingredients:

- 1 bunch cilantro stems only, reserve leaves, don't be super picky about it, just cut lower half of bunch off
- 1/2 onion medium, chopped
- 1/2 peppers or more habanero, to heat tolerance
- 3 inches ginger piece of, chopped
- 1 tablespoon fresh thyme leaves
- 5 teaspoons curry powder
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon fenugreek seeds ground
- 1/2 teaspoon brown mustard seeds ground
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- 3 tablespoons fresh lime juice
- 2 teaspoons annatto seeds ground, achiote, sub with paprika if necessary
- salt to taste
- 14 ounces coconut milk divided, some will be reserved for curry
- 4 pounds beef chuck cut into 2-inch chunks
- 2 tablespoons vegetable oil
- 2 1/2 onions medium, chopped
- 8 garlic cloves minced
- 15 ounces fire roasted tomatoes
- 2 tablespoons brown sugar to taste
- coconut milk reserved
- 2 sweet potatoes large, cut into bite sized chunks
- 3 bell peppers sweet, seeded and chopped
- cilantro leaves chopped
- lime wedges
- chile peppers minced habanero
- hot sauce or Caribbean style

- basmati rice cooked

Nutrition:

1. Calories: 1680 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 305 milligrams
4. Fat: 115 grams
5. Fiber: 13 grams
6. Protein: 98 grams
7. SaturatedFat: 54 grams
8. Sodium: 830 milligrams
9. Sugar: 16 grams

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