

Beef Curry

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-beef-curry-and-rice-recipe>

Ingredients:

- beef cut in 1" pieces
- 4 tablespoons oil
- 2 cinnamon sticks
- 8 whole cloves
- 1 cup onion
- 1 bay leaf
- 2 teaspoons crushed garlic
- 1 teaspoon ginger
- 1 tablespoon curry powder
- 1/2 teaspoon red pepper flakes
- 2 cups sweet potatoes cut up
- 3 tablespoons coconut milk
- 1 can diced tomatoes drained
- 6 ounces fresh green beans or frozen
- 1/2 red bell pepper
- 1 cup rice mahatma

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 40 grams
3. Fat: 17 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 50 milligrams
8. Sugar: 8 grams

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