

Easy Japanese minced beef curry

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 3 tablespoons cooking oil
- 2 onions
- 2 apples or pears, peeled and core removed
- 8 cloves garlic
- 2 carrots
- 4 tablespoons plain flour
- 2 tablespoons curry powder
- 3381 3/8 cups chicken stock or beef stock
- 3 teaspoons honey
- 2 tablespoons soy sauce
- 1 bay leaf
- 2 teaspoons Garam Masala
- 2 1/4 pounds minced beef