

# Thai Red Curry Beef

Yield: 7 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-red-curry-recipe>

## Ingredients:

- 2 1/2 pounds stewing beef lean, such as chuck or round, cut into 1 1/2-inch chunks
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 3 tablespoons canola oil
- 1 yellow onion finely chopped
- 4 garlic cloves minced
- 1/4 cup Thai red curry paste
- 2 cans unsweetened coconut milk each 13 1/2 fl. oz.
- 2 tablespoons vietnamese fish sauce or Thai
- 2 tablespoons fresh lime juice
- 2 tablespoons firmly packed dark brown sugar
- 2 cans bamboo shoots each 8 oz. sliced, drained
- 3 tablespoons chopped fresh mint

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 10 grams
3. Fat: 34 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 25 grams
7. Sodium: 750 milligrams
8. Sugar: 5 grams

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