

Curry Beef with Rice

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1. Wash and dry the vegetables, remove the sprout from the potatoes and halve lengthwise the 1 inch slice crosswise. Dice the onions and carrot. Slice Beef Stew Meat into bite size. Cook steamed rice and keep it warm.
2. In a large pot heat 2 teaspoons of Olive oil on medium high until hot. Add the onion, carrot and beef stew meat, stirring occasionally, 4-5 minutes or until lightly browned and softened.
3. Add 3 cups of water to the pot and high- heat until boils. Skim off the fat that rises to the top of the soup. Turn down the heat to low-medium and continue cooking for 15 minutes.
4. Add Potatoes and 3 Tablespoons of Beef Flavored Curry Soup Base into the pot, continue cooking low medium heat for another 15 minutes.
5. Combine 1/2 cup cold water, 1 Tablespoon of flour and 1 teaspoon of corn starch. Mix well in the cup to dissolve. Set aside.
6. Remove the pot from heat, Mix flour & starch solution again and add into the pot. Mix thoroughly for 1 minutes.
7. Put over low heat for about 5 minutes to thicken. Turn off the heat and leave it for 10 minutes.
8. Serve steamed rice on the plate and put curry over the rice.

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