



LOEFFEL MEAT SHOPPE

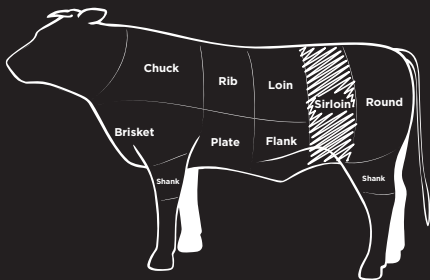
YELLOW BEEF CURRY

**FEATURING
TOP SIRLOIN STEAK**



Top sirloin steaks are from the sirloin of beef. They are often lean, high in protein, and will compliment any recipe with rich beef flavor. Top sirloin steaks are great for grilling, air frying, or pan searing.

Meat Cut Information



For more information about this recipe, including nutrition and meat cut information, alternative cooking methods, or to view it on the web, scan the QR code with the camera app on your smartphone.

Yellow Beef Curry

(10 servings)

Paste	Curry	Other ingredients
1/3 c. peanut butter	1 Tbsp. vegetable oil	1 tsp. red pepper flakes (optional)
3 Tbsp. fresh ginger, chopped (-or- 1 tsp. ginger powder)	1 lb. Top Sirloin Steak, sliced into 1/8-inch thick strips	5 c. cooked rice (optional)
1 onion, chopped	1 red bell pepper, sliced	1/4 c. crushed peanuts (optional)
6 garlic cloves, peeled & chopped	3 carrots, peeled & cut into sticks	1/4 c. fresh cilantro (optional)
1 tsp. salt	3 c. broccoli florets	
1 tsp. turmeric powder	1 (14 oz.) can light coconut milk	
1/2 Tbsp. sugar		
1/4 c. water		

1. Wash hands with soap and water.
2. Rinse produce under cool running water.
3. In a small food processor or blender, blend the paste ingredients until smooth.
4. In a large nonstick skillet, heat oil over medium-high heat. Add beef in small batches and stir fry for 1-2 minutes or until the meat is browned and reaches an internal temperature of 145°F on a food thermometer. Set aside and keep warm.
5. Return the skillet to medium heat. Add the paste and cook, stirring constantly, for about one minute, until fragrant.
6. Add bell pepper, carrot, broccoli, and coconut milk and stir to combine. Bring to a boil.
7. Reduce to a simmer, cover, and cook for 10-15 minutes, or until the vegetables are tender. Stir occasionally.
8. Add beef and juices to skillet. Stir and cook for 1-2 minutes or until heated through. Add pepper flakes, if desired.
9. Serve over rice and top with peanuts and cilantro, if desired.
10. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving:

Calories 210, Total Fat 14g, Saturated Fat 4.5g, Cholesterol 30mg, Sodium 340mg, Total Carbohydrates 11g, Fiber 2g, Total Sugars 5g, includes 1g Added Sugars, Protein 12g, Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 8%.

EXTENSION

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