

# Turmeric Beef Stew

14 ingredients · 55 minutes · 4 servings



## Directions

1. Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
2. Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
3. Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
4. Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
5. Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
6. Divide into bowls and enjoy!

## Notes

### Too Thick

If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

### Leftovers

Store in an airtight container in the fridge up to 3 days. Freeze for longer.

### No Beef Broth

Use vegetable or chicken broth instead.

## Ingredients

- 1 lb Top Sirloin Steak
- 1 tbsp Tapioca Flour
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Carrot (medium, chopped)
- 1 Yellow Potato (large, chopped)
- 1 tsp Turmeric (ground)
- 1 tsp Coriander (ground)
- 1 tsp Cumin (ground)
- 1 tsp Ground Ginger
- 2 cups Beef Broth
- 4 stalks Green Onion (green parts only, chopped)
- 1/2 cup Cilantro (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	352	Vitamin D	0IU
<b>Fat</b>	22g	Vitamin E	1mg
<b>Carbs</b>	14g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.2mg
Sugar	2g	Niacin	8mg
<b>Protein</b>	25g	Vitamin B6	0.8mg

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<http://www.AwakenYourHealth.Org>



Cholesterol	89mg	Folate	26µg
Sodium	920mg	Vitamin B12	1.3µg
Potassium	695mg	Phosphorous	238mg
Vitamin A	5719IU	Magnesium	36mg
Vitamin C	11mg	Zinc	5mg
Calcium	66mg	Selenium	25µg
Iron	3mg		