

Easy Beef Curry



Ingredients:

- 1 Tbsp. canola oil
- 2 medium onion, diced
- 350g lean beef, diced
- 3 cloves garlic, crushed
- 2 Tbsp. curry powder
- 1 x 400g canned tomatoes, crushed
- 2 Tbsp. tomato paste
- 1 cup water
- 1 Tbsp. fresh coriander, chopped (optional)

Method:

Heat oil in a large pot; add onion and sauté until soft and beginning to brown.

Add beef, garlic and curry powder and sauté until the beef has browned lightly.

Add canned tomatoes, tomato paste, and water. Bring to a gentle simmer.

Cover and cook slowly for approximately 2 hours or until the beef is tender, add more water if it looks to be drying out too much.

Serve with coriander sprinkled on top