

Thai Beef Curry with Sweet Potato & Broccoli

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 6 hours slow cooker / 45 minutes Instant Pot

Peeler Ranch Beef Stew Meat, thawed
Farmhouse Kitchen Curry Sauce, thawed
Gundermann Acres Sweet Potato, washed, scrubbed and, peeled (optional)
J & B Farms Broccoli, washed
Villa Klehr Cilantro, washed, woody ends trimmed
Gulf Pacific White Rice
Olive or Canola Oil
Salt and Pepper

Notes: A 2-3.5 quart slow cooker is recommended. The cook time will vary depending on whether you choose to cook over low or high heat, as well as the brand of slow cooker. If you prefer, you can skip the searing instructions in Step 1 and place the meat and sauce directly into the slow cooker insert.

MORNING

STEP 1 Place a large pan over medium-high heat. As the pan is heating, pat the beef dry with paper towels. Cut any larger pieces of beef in half so that all pieces are roughly the same size, about 1". Season with ½ tsp. salt and pepper. When the pan is hot, add 1 tbsp. oil and the beef in a single layer. Brown the beef on all sides, about 4-5 minutes. Turn off the heat and transfer the beef to the slow cooker. (You may need to brown the beef in batches depending on the size of your pan. Add the first batch to the slow cooker before searing the next batch.)

STEP 2 Carefully pour the curry sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the sauce from the skillet to the slow cooker. Chop the sweet potatoes into 2" pieces and add to the slow cooker. Gently stir to submerge. Set the temperature to low and cook for 8 hours or set to high and cook for 5 hours.

EVENING

Preheat oven to 425°F degrees placing rack in middle position.

STEP 3 During the last hour of slow cooking, chop broccoli into small florets. Add to a foil lined baking sheet with 1 tbsp. oil and ¼ tsp. salt and pepper. When broccoli is fully roasted remove from oven and set aside until ready to serve. After slow cooking, the beef and sweet potatoes should be tender and easily cut with a fork. Season with salt and pepper to taste.

STEP 4 While broccoli is roasting and slow cooker is finishing, prepare the rice. Bring 1 cup of water, a big pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 5 Just before serving remove cilantro leaves from stems and set aside. Add broccoli to the slow cooked beef stew meat, sweet potatoes and curry sauce mixture. To serve, scoop a portion of rice into a bowl, add beef, sweet potato and broccoli on top. Ladle on curry sauce over entire bowl. Garnish with cilantro. Enjoy!

Thai Beef Curry with Sweet Potato & Broccoli

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 6 hours slow cooker / 45 minutes Instant Pot

Peeler Ranch Beef Stew Meat, thawed
Farmhouse Kitchen Curry Sauce, thawed
Gundermann Acres Sweet Potato, washed, scrubbed and, peeled (optional)
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MORNING

STEP 1 Place a large pan over medium-high heat. As the pan is heating, pat the beef dry with paper towels. Cut any larger pieces of beef in half so that all pieces are roughly the same size, about 1". Season with 1 tsp. salt and pepper. When the pan is hot, add 2 tbsp. oil and the beef in a single layer. Brown the beef on all sides, about 4-5 minutes. Turn off the heat and transfer the beef to the slow cooker. (You may need to brown the beef in batches depending on the size of your pan. Add the first batch to the slow cooker before searing the next batch.)

STEP 2 Carefully pour the curry sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the sauce from the skillet to the slow cooker. Chop the sweet potatoes into 2" pieces and add to the slow cooker. Gently stir to submerge. Set the temperature to low and cook for 8 hours or set to high and cook for 5 hours.

EVENING

Preheat oven to 425°F degrees placing rack in middle position.

STEP 3 During the last hour of slow cooking, chop broccoli into small florets. Add to a foil lined baking sheet with 2 tbsp. oil and 1/2 tsp. salt and pepper. When broccoli is fully roasted remove from oven and set aside until ready to serve. (NOTE: You may need to roast broccoli in multiple batches) After slow cooking, the beef and sweet potatoes should be tender and easily cut with a fork. Season with salt and pepper to taste.

STEP 4 While broccoli is roasting and slow cooker is finishing, prepare the rice. Bring 2 cup of water, a big pinch of salt, and 1 tbsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 5 Just before serving remove cilantro leaves from stems and set aside. Add broccoli to the slow cooked beef stew meat, sweet potatoes and curry sauce mixture. To serve, scoop a portion of rice into a bowl, add beef, sweet potato and broccoli on top. Ladle on curry sauce over entire bowl. Garnish with cilantro. Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Beef Stew Meat - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Curry Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: coconut milk, chicken stock, In the Garden ginger, lemongrass, turmeric, onion, garlic, jalapeno, red bell pepper, brown sugar, garam masala, star anise, fennel seed, clove, cinnamon stick, fish sauce)

Sweet Potato - Store in a cool, dry place in the kitchen. Use within 5 days.

Broccoli - Store in the crisper drawer of the refrigerator. Use within 5 days.

Cilantro - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

White Rice - Keep in a cool, dry place in the kitchen until ready to use.

***Contains fish or shellfish inclusive ingredients.**

****Not made with gluten, dairy, egg or nut containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**