

**ASIAN BRAISED BEEF WITH VEGETABLES**

*Total preparation and cooking time: 2 to 2-1/2 hours*

- 2-1/2 pounds beef for stew, cut into 1-1/2-inch pieces**
- 1 can (13-1/2 to 14 ounces) coconut milk**
- 1/2 cup golden raisins**
- 1 tablespoon curry powder**
- 1 package (16 ounces) frozen Asian vegetable blend**
- 6 cups cooked toasted almond rice pilaf or toasted pine nut couscous (optional)**
- Salt**

1. Combine beef, coconut milk, raisins and curry powder in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender.
2. Stir in frozen vegetables; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are just tender, stirring occasionally.
3. Serve beef mixture over couscous, if desired. Season with salt.

***Makes 6 servings.***

***Cook's Tip:*** *Two packages (5.6 ounces each) toasted pine nut couscous mix or 2 packages (6.6 ounces each) toasted almond rice pilaf mix yield approximately 6 cups cooked couscous.*

***Nutrition information per serving:*** *412 calories; 23 g fat (16 g saturated fat; 4.0 g monounsaturated fat); 73 mg cholesterol; 460 mg sodium; 23 g carbohydrate; 2.1g fiber; 30 g protein; 4 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.3 mcg vitamin B<sub>12</sub>; 5.7 mg iron; 20.6 mcg selenium; 6.2 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.