

**THAI CURRY BEEF**

*Total preparation and cooking time: 20 to 25 minutes*

*Marinating time: 15 minutes*

- 1 pound beef top sirloin *or* top round steak, cut  
3/4 to 1 inch thick *or* flank steak**
- 4 to 5 teaspoons Thai red curry paste, divided**
- 1 cup unsweetened coconut milk**
- 1 tablespoon vegetable oil**
- 6 cups fresh stir-fry vegetable blend (broccoli,  
carrots, pea pods)**
- Hot cooked rice (optional)**

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 3 teaspoons red curry paste and beef in medium bowl. Cover and marinate in refrigerator 15 minutes.
2. Whisk coconut milk and remaining 1 to 2 teaspoons red curry paste in small bowl until blended. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef. Season with salt, as desired; keep warm.
4. Pour coconut milk mixture into same skillet; bring to a boil. Reduce heat; simmer 3 to 5 minutes or until slightly thickened, stirring occasionally. Add vegetable blend; bring to a boil. Reduce heat; cover and simmer 5 to 8 minutes or until vegetables are crisp-tender, stirring occasionally.
5. Return beef to skillet; cook and stir until beef is heated through, about 1 minute. Serve over rice, if desired.

*Makes 4 servings.*

***Cook's Tip:*** For authentic flavor, garnish this dish with chopped fresh cilantro and lime wedges to squeeze over the top.

***Nutrition information per serving, using beef top sirloin steak:*** 318 calories; 20 g fat (13 g saturated fat; 4 g monounsaturated fat); 49 mg cholesterol; 214 mg sodium; 5 g carbohydrate; 1.7 g fiber; 28 g protein; 7.8 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 3.8 mg iron; 32.3 mcg selenium; 5.2 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.

***Nutrition information per serving, using beef top round steak:*** 320 calories; 20 g fat (13 g saturated fat; 4 g monounsaturated fat); 61 mg cholesterol; 195 mg sodium; 5 g carbohydrate; 1.7 g fiber; 29 g protein; 5.2 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 4.4 mg iron; 32.8 mcg selenium; 5.0 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.

***Nutrition information per serving, using beef flank steak:*** 321 calories; 22 g fat (14 g saturated fat; 4 g monounsaturated fat); 42 mg cholesterol; 208 mg sodium; 5 g carbohydrate; 1.7 g fiber; 26 g protein; 7.2 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 1.4mcg vitamin B<sub>12</sub>; 3.6 mg iron; 29.0 mcg selenium; 4.6 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.