



## Turmeric Beef Stew

4 servings

55 minutes

### Ingredients

454 grams 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 Shallots (green parts only, chopped)  
 1/2 cup Corriander (chopped)

### Nutrition

Amount per serving	
Calories	352
Fat	22g
Saturated	7g
Carbs	14g
Sugar	2g
Protein	25g
Cholesterol	89mg
Sodium	920mg

### Directions

- 1 Cut steak into small cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a 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 coriander. 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.