

Curried Beef with Peas and Couscous

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | **minced**
½ teaspoon **lemon juice**

FROZEN PRODUCE

1 cup **frozen peas**

MEAT

1 pound lean **ground beef or ground turkey**

PANTRY

1 14.5-ounce **can of diced tomatoes**

SPICES AND OILS








2 tablespoons **olive oil**
1 ½ cups **water**
1 **bay leaf** (optional)
1 ½ teaspoons **curry powder**
1 teaspoon **garlic powder**
½ teaspoon **ground ginger**

GRAINS

2 cups cooked **couscous**

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EQUIPMENT


-  Spatula or spoon
-  Measuring spoons
-  Small pot with lid
-  Knife
-  Measuring cups
-  Pan
-  Cutting board

MIX IT UP AND MAKE IT YOUR OWN


- To make this an even more veggie packed dish you could add carrots, zucchini, or peppers in with the onions. You could also add greens such as spinach, kale or collards.
- This recipe features ground beef, however, you can easily substitute ground chicken or turkey.
- If you are avoiding meat altogether, you can swap the beef for crumbled tofu or beans such as cannellini beans or chickpeas.
- Curry powder and garlic powder are an excellent way to flavor without salt, but choose flavors that are available and appealing to you. Paprika and thyme would be wonderful in this dish. Alternatively, you could make it more simple with a little garlic powder and black pepper.
- We chose to use couscous in this recipe as it is quick to make and adds a great flavor and texture to the dish. If you do not like couscous or do not have it one hand you can easily substitute brown rice or quinoa.

Directions

1 Heat a large pan over medium heat. Add the olive oil to coat the pan. Then add the onion and curry powder.

 Cook for 3–5 minutes until the onion becomes translucent.

2 Add the ground beef, garlic powder, ground ginger and tomatoes.

 Simmer for 10 minutes, breaking up the meat as desired.

3 While the beef is cooking, make your couscous.

4 Once the beef is cooked through, add the lemon juice and peas to your pan.

Allow the curry to simmer for an additional 5 minutes.

5 Adjust seasoning with salt and pepper as desired.

6 Serve with ½ cup of couscous. Enjoy!

7 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories **470**
per serving

Amount/serving	% Daily Value*
Total Fat 17g	21%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 110mg	5%

Amount/serving	% Daily Value*
Total Carbohydrate 46g	17%
Dietary Fiber 7g	23%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 30g	

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 4.1mg 25%
Potassium 620mg 15% • Phosphorus 300mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND BEEF 90/10, TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], WATER, WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], PEAS, ONION, OLIVE OIL, GARLIC POWDER, CURRY POWDER, LEMON JUICE, GINGER, BAY LEAVES

CONTAINS: WHEAT