

Adventures in Slow Cooking

Thai Beef Curry

Ingredients:

- 2 lbs. lean stew beef
- 1 ½ tablespoons canola or olive oil for browning
- ¼ tsp salt
- 2 cups chopped onion
- 4 cloves minced garlic
- 1 can coconut milk (13 oz.)
- ¾ cup beef broth
- 3 tablespoons red curry paste
- 2-3 tablespoons fresh lime juice
- 2 tablespoons peanut oil (or 1 tablespoon peanut butter)
- 2 jalapeno chili peppers minced, remove seeds and ribs (see below for other “heat” suggestions)
- 1 tablespoon brown sugar
- 2-4 cups baby spinach (remove long stems and rinse)
- ½ cup fresh basil leaves (optional)

Method:

1. Preheat a large skillet over medium heat. Pat the beef dry and cook in 1 tablespoon of oil until brown, about 2 minutes per side. Drain grease and transfer to slow cooker insert.
2. In the same skillet, add ½ tablespoon of oil, combine onion and garlic in skillet and sauté about 5 minutes. Add to slow cooker.
3. In a bowl stir together coconut milk, beef broth, red curry paste, lime juice, peanut oil (or peanut butter), chili peppers, and brown sugar-- pour into the slow cooker.
4. Cover and cook on low setting for 6-9 hours.
5. Stir in spinach for the last 15 minutes until wilted. Serve curry over jasmine rice and garnish with basil leaves. Other ideas for garnish: julienned red bell pepper or chopped roasted peanuts.

Some like it hot! You can rev up the spices here by adding more jalapeno, ¼ teaspoon cayenne, or red pepper flakes.

To make the dish *less* hot, but still bright, skip the jalapeno and add 1 tablespoon of paprika, or 1 teaspoon of red pepper flakes. Don't forget you can always add more once the dish is cooked, so add spice prudently.