

**Southwestern High School  
Warrior Chefs**

**Beef and Vegetable Curry**

**Ingredients:**

|            |                                                  |
|------------|--------------------------------------------------|
| 2 lbs.     | Lean Beef diced (1-inch cubes)                   |
| ¾ cup      | Yellow Onion (small dice)                        |
| 2 tsp      | Garlic minced                                    |
| 1 ½ cups   | Carrots (cut into rounds)                        |
| 1 ½ cups   | Yukon Gold Potatoes (large dice)                 |
| 1 ½ cups   | Red, Yellow and Orange Bell Pepper (medium dice) |
| 3 1/2 Tbsp | Curry Powder                                     |
| 1 Tbsp     | Garam Masala                                     |
| 1 tsp      | Red chili flakes                                 |
| 4 Tbsp     | Canola Oil                                       |
| 1 tsp      | Kosher Salt                                      |
| 1 tsp      | Fresh Parsley (finely chopped)                   |
| 4 cups     | Low Sodium Beef Broth                            |
| 1 ½ Tbsp   | Cornstarch                                       |
| 2 Tbsp     | Cold Water                                       |

1. Heat vegetable oil in a large stock pot over medium-high heat. Add beef cubes and sear until browned (5–7 minutes). Remove beef and set aside.
2. In the same pot, add onions, garlic, carrots, and bell peppers. Sauté 3–4 minutes until softened. Stir in curry powder and garam masala with a splash of water to make a paste; cook 2–3 minutes.
3. Add beef back to the pot containing the vegetables. Cover with water and simmer for 15 minutes.
4. Add diced potatoes and continue simmering for another 25-30 minutes until tender.
5. Add roasted cumin and salt.
6. Make a smooth slurry with the Cornstarch and Water and it to the pot. Bring pot to a boil until it reaches desired thickness then remove from heat.
7. Garnish with chopped fresh parsley over top of curry.

**Plated Serving:**

1 cup beef curry with vegetables  
¾ cup cooked brown rice (from recipe)  
Garnish with flat bread

**Brown Rice Ingredients:**

|        |                      |
|--------|----------------------|
| 4 cups | Beef Broth (no salt) |
| 2 cups | Brown Rice           |

**Directions:**

In a half-sized hotel pan, combine all ingredients and cover tightly with foil. Bake at 350 for 70 minutes or until all water is absorbed. Fluff with fork and keep warm in oven turned off.

## Flat Bread:

|            |                         |
|------------|-------------------------|
| 1 1/3 cups | Whole Wheat Flour       |
| 3/4 cups   | All Purpose Flour       |
| 1/2 tsp    | Kosher Salt             |
| 1 Tbsp     | Garlic Powder           |
| 1 Tbsp     | Baking Powder           |
| 1/4 cup    | Fresh Parsley (chopped) |
| 3/4 cup    | Water, cold             |
| 2 Tbsp     | Olive Oil               |
| 3 each     | Garlic Cloves (minced)  |

## Directions:

1. Whisk together whole wheat flour, all-purpose flour, salt, garlic powder, and baking powder. Stir in chopped parsley.
2. Mix in water slowly until the dough comes together and is still soft but not sticky. Knead a few times until the dough forms a ball.
3. Let the dough rest for 30 minutes.
4. Meanwhile, mix and heat 2 TBSP olive oil and garlic and set aside.
5. After the dough has rested, cut the dough into 8 equal parts. Roll out each piece very flat.
6. Heat a dry non-stick skillet or griddle over medium-high heat. Place the flattened dough on the skillet and flip once one side is cooked and has spots of golden brown. The dough may pua slightly and have small air bubbles. Adjust the heat accordingly so that there are golden brown spots but no burning.
7. Brush the garlic oil on each piece and sprinkle with parsley.