



PREP TIME : 10 MIN

COOK TIME : 01 H 20 MIN

SERVES : 4

Ingredients :

- **2 tbsp (30 mL) vegetable oil**
- **2 lb (1 kg) stewing beef**
- **2 tbsp (30 mL) tomato paste**
- **2 cups (500 mL) diced onion**
- **1/2 cup (125 mL) water**
- **1 can (28 oz/796 mL) whole tomatoes and their juices**
- **1 bottle (341 mL) VH® Coconut Yellow Curry**
- **1 can (19 oz/540 mL) lentils, drained**
- **3 cups (750 mL) baby spinach**

Directions :

- 1. Heat oil in pot set over medium heat and cook beef until well-browned, about 15 minutes. Remove beef from pot and set aside.**
- 2. Add tomato paste and onions to pot, stir and cook for 5 minutes.**
- 3. Add beef, water, tomatoes and VH® Coconut Yellow Curry sauce. Cover and simmer over low heat for 60 minutes.**
- 4. Remove lid, add lentils and spinach and continue to cook uncovered for 5 more minutes. Serve with boiled potatoes or crusty bread.**



Curried Beef and Lentils

Tips:

This recipe also works great with VH® Chicken Tikka Masala Sauce.

This dish would also do very well made in the slow cooker/crockpot.

This beef stew is heartwarming and healthy, the lentils are a healthy addition and taste great.