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## ***Beef Curry with Rice***

### ***Ingredients:***

- 1 cup uncooked brown and/or wild rice
- 1 lb hamburger or ground turkey
- 1 onion diced
- 1 - 2 cloves garlic crushed
- 2 teas curry powder
- 1 teas ground cumin
- 1 teas sea salt
- 2 tbsp agave nectar, honey, maple syrup, or raw sugar (optional)
- 1 14-oz can whole fat (not low fat) coconut milk
- 1 – 2 cups of coarsely chopped vegetables (such as: red or green pepper, celery, pea pods, broccoli, bamboo shoots, water chestnuts) \*these can be fresh, canned, or frozen
- 1 16-oz can unsweetened pineapple chunks (optional)
- 2 tbsp fresh cilantro chopped (optional)

### ***Preparation:***

1. Prepare rice according to package directions.
2. In skillet brown hamburger, breaking apart while cooking.
3. Add onion and garlic, stir and continue to cook until soft.
4. Add in curry powder, cumin, and sea salt, stir.
5. Add in coconut milk, sweetener, vegetables, and pineapple. Allow to bubble a few more minutes until it begins to thicken.
6. Turn off heat and stir in fresh cilantro.
7. Spoon over rice and serve.

Enjoy!