



EASY THAI GROUND BEEF CURRY

By Dr. Cindy Tanzar
(Standard & Maintenance Plans)

Ground beef, chicken or turkey are so versatile when you want simplicity and variety. This recipe is very easy and packs a punch of Thai flavor. You can serve the dish over cauliflower rice or any other vegetable you enjoy. It would go great with butternut or spaghetti squash or to stuff into a baked acorn squash. This recipe makes 4 servings. Each serving covers your protein, fat and 1/4 cup cooked vegetable. Add another 3/4 of any plan-approved vegetable for your meal.



INGREDIENTS

- 1 yellow onion, cut in half and sliced
- 2 garlic cloves, minced
- 1 Tbsp coconut or avocado oil
- 2 Tbsp curry powder
- 1 lb ground beef, chicken/turkey (dark meat is best)
- 1 tsp Pink Himalayan salt
- 1 cup coconut cream
- 4 cups baby spinach



INSTRUCTIONS

Heat a large skillet to medium-high heat. Heat the oil and add onions, frying until soft. Reduce heat to medium.

Add the garlic and curry powder and cook for one minute, stirring constantly.

Add ground beef and salt and cook until browned and fully cooked, breaking up the meat as you cook.

Add coconut cream, stirring well to incorporate into the mixture.

While simmering, add the spinach (2 cups at a time), stirring into the dish and cooking until wilted. Repeat until all the spinach is added.

Serve over 3/4 cup of cooked vegetables.