

# Bell Pepper and Beef Curry

From – *eatingwell.com*

1 pound beef sirloin or strip steak, trimmed, thinly sliced  
¼ tsp salt  
¼ tsp freshly ground pepper  
1 Tbsp canola oil  
2 tsp canola oil  
2 cups green beans, trimmed, cut into 2-inch pieces  
2 bell peppers, cut into thin, 2-inch strips  
1 can lite coconut milk  
2 Tbsp red curry paste  
1 large mango, cut into 1-inch chunks  
4 lime wedges

- Sprinkle beef with salt and pepper.
- Heat 1 tablespoon oil in a large skillet over medium-high heat.
- Add the beef and cook, stirring occasionally, until browned, 2 to 3 minutes.
- Transfer to a plate with a slotted spoon and drain any liquid from the pan; wipe out the pan.
- Reduce heat to medium. Add the remaining 2 teaspoons oil, green beans and bell peppers to the pan and cook, stirring, just until the beans begin to color, 2 to 4 minutes.
- Combine coconut milk and curry paste and pour the mixture into the pan.
- Bring to a simmer. Cover and cook until the vegetables are just tender, 2 to 3 minutes.
- Return the beef and any juice on the plate to the pan along with mango; cook, stirring once or twice, until heated through, 2 to 3 minutes.
- Serve with lime wedges.



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