



# BEEF VINDALOO

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## INGREDIENTS

- ¼ c distilled white vinegar
- ¼ c garlic, finely minced
- 3 Tbsp fresh ginger, finely minced (or ¾ tsp ground ginger)
- 2 Tbsp plain yogurt
- 1 tsp salt
- 1 tsp ground black pepper
- 1 Tbsp vindaloo curry powder (you may substitute your favorite curry powder if you wish)
- 1 ½ lbs portioned chuck, cut into 1-inch cubes
- ¼ cup vegetable oil
- 2 onions, chopped
- 4 roma (plum) tomatoes, chopped
- 1 cup chicken stock
- 2 tablespoons chopped fresh cilantro (Optional)

## DIRECTIONS

1. Whisk the vinegar, garlic, ginger, yogurt, salt, black pepper, and curry powder together in a mixing bowl. Mix in the beef cubes until evenly coated.
2. Cover the bowl with plastic wrap, and marinate in the refrigerator overnight (or at least 30 minutes).
3. Heat the vegetable oil in a large pot over medium heat.
4. Cook and stir the onions in the hot oil until they soften, turn translucent, and begin turning golden brown, about 10 minutes.
5. Add the beef cubes, and cook, stirring frequently until the meat is no longer pink on the outside, about 10 minutes more.
6. Stir in the tomatoes and cook for 5 minutes.
7. Pour in the stock, and bring to a simmer. Cover and reduce heat to medium-low; cook until the beef is tender, about 40 minutes.
8. Sprinkle with cilantro to serve. Serve over cooked rice.

**BENEKER**  
*Family Farms*



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## SHOPPING LIST

distilled white vinegar  
minced garlic  
ginger, fresh or ground  
plain yogurt  
salt  
ground black pepper  
vegetable oil  
2 onions  
roma (plum) tomatoes  
chicken stock  
chopped fresh cilantro  
(optional)

## SIDE OPTIONS

favorite rice  
mixed greens salad  
asparagus