Thai Beef Stew

Ingredients

2 lb stew beef

1 qt beef stock

2 T red curry paste

2 T fish sauce

1 T brown sugar

1 yellow onion, sliced thinly

1 can coconut milk

8 oz green beans trimmed and halved

½ bunch of cilantro, minced

8 oz spinach

3 T lime juice

1 C brown rice

2.5 C water for rice

Procedure

1) Brown the beef in the pot and then simmer with the beef stock for a few hours. With about an hour to go before the stew is done start cooking the brown rice

2) With 30 minutes to go add the onion

3) with 20 minutes to go, add the rest of the ingredients

4) When the stew is done toss with the brown rice, check seasoning, portion out and serve