

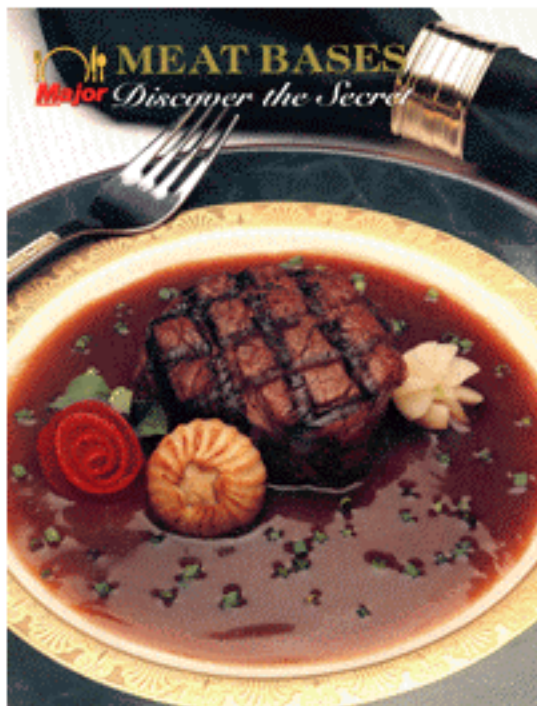


Recipe Database

Curry Beef & Broccoli

Yield: 1 Gallon
Portions: 32

Ingredients	Quantity	Directions
Water	1 gal.	Prepare rice and set aside.
Rice	8 cups	
Sirloin Tips, Cubed	2 lbs.	In a large pot brown beef cubes in vegetable oil. Add onions and saute' until onions are opaque.
Sweet Onions, Chopped	1 cup	
Vegetable Oil	2 tbl.	
Water	3 qts.	Add water and beef base and bring to a boil. Reduce to simmer for ten minutes. Blend corn starch with a small amount of cold water. Add to pot while stirring constantly. Stir in broccoli and curry powder. Simmer for fifteen minutes. Serve over rice.
Broccoli, chopped	2 cups	
MAJOR BEEF BASE	4 oz.	
Corn Starch	3 tbl.	
Curry Powder	1 tbl.	



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