

Beef Madras

You will need:

Shopping List	
Protein	
Stew beef	2 pounds
Miscellaneous	
Oil or ghee	2 tablespoons
Fresh garlic	2 cloves
Onions	1 large
Lemon juice	2 tablespoons
beef broth	1 1/2 cups
Tomato paste	2 tablespoons
Rice	sm. bag
Pappadums (optional)	1 box
For non-meat eaters - vegetables, tofu or plant protein can be substituted in most recipes. Adjust cooking times accordingly.	



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