



Jennette Turner

Dinner with Jennette

Meal Plans for Natural Healthy Eating

Sample Meal: *One Dish Wonder*

Curried Beef Casserole

Note: This would be good served with “Pita/Naan” from the “Basics” section, or with your favorite pocket bread.

Curried Beef Casserole *(Makes 4 servings)*

Flavorful, fast and easy to make, this dish is made on the stove top and is sure to be a favorite!

2 T. butter OR coconut oil OR olive oil	2 cloves garlic
½ onion, diced	1-2 tsp. ginger, grated OR 1 T. ginger juice
1 lb. ground beef	2 tsp. curry powder
1 14 oz. can diced tomatoes	1 tsp. salt
½ c. chicken stock OR water	1½ c. frozen peas
2 medium-large yams, peeled and cubed	Option: 1 chili pepper, finely diced

1. Warm the butter or oil in a very large skillet. Add the onion and sauté over medium heat for 2-3 minutes.
2. Add the ground beef and continue cooking for another 5-6 minutes, stirring occasionally and breaking the meat up with a spoon.
3. Add the diced tomatoes, chicken stock or water, yams, garlic, ginger, curry powder, salt and chili pepper, IF using. Bring it all to boil, then simmer, covered, for 15 minutes, stirring occasionally.
4. Remove cover and stir in the peas. Continue cooking, uncovered, for 3-4 more minutes.

Nutrition Tip: Beef is an excellent source of tryptophan; just 4 oz. contains over 100% of the U.S. RDA for this essential amino acid. Tryptophan is important for children’s growth and development, and is needed by children and adults alike to maintain healthy moods and sleep patterns.

(Continued on next page)

SHOPPING LIST

Produce

1 onion
2 medium-large yams
garlic
ginger, IF using fresh
OPTION: 1 chili pepper

Bulk / Grocery

1 14 oz. can diced tomatoes
ginger juice, IF using bottled
OPTION: your favorite pocket bread, IF not using "Pita/Naan" from the "Basics" section

Meat / Seafood

1 lb. ground beef

Herbs / Spices

curry powder

Freezer

1 10 oz. bag frozen peas