

Pressure Cooker Thai Red Curry Beef

16 ingredients · 1 hour · 4 servings



Directions

1. Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
2. Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
3. Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
4. If making the brown rice, cook according to package directions.
5. Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker

Make it in the slow cooker on low for about 5 hours.

No Fish Sauce

Use soy sauce or tamari instead.

No Coconut Sugar

Use cane sugar instead.

Vegetable Modifications

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

Crunchy Veggies

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

Ingredients

- 2 tsps** Coconut Oil (divided)
- 1 lb** Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1** Yellow Onion (small, thinly sliced)
- 1 tsp** Ginger (minced)
- 2 tbsps** Thai Red Curry Paste
- 2 tbsps** Tomato Paste
- 1 tbsps** Fish Sauce
- 1 tbsps** Coconut Sugar
- 1** Carrot (large, chopped)
- 2 heads** Cauliflower (sliced into florets)
- 3/4 cup** Organic Coconut Milk (from the can)
- 1** Lime (juiced)
- 1/2 cup** Brown Rice (optional, dry/uncooked)
- 2 stalks** Green Onion (optional, chopped)
- 1/4 cup** Cilantro (optional, chopped)