

Kasaoka Beef Curry

My husband is Japanese from Hawaii and LOVES curry for good reason: it is delicious! This is *loosely* how my husband makes our curry. My son is 15 and seems to grow an inch per day, so when we make curry, we make a LOT and there are no leftovers. Scale down as you see fit for people who eat normal amounts of food. 😊

Ingredients:

- My husband prefers Golden Curry. You can buy this from Wegmans, and it is a Japanese curry. If you go to your local Asian store, there are many other curry options. I use 1 box per pound of ground beef. I typically use two medium and one mild.
- 3 pounds of ground beef
- 2 diced onions
- At least one bulb of garlic minced
- 2 or three diced sweet peppers
- Cut up carrots
- Mushrooms (my husband says Japanese curry is made with button mushrooms, not shitake)
- Any other veg of your choosing 😊



Steps:

1. Sauté onion and garlic.
2. Add ground beef and cook. Do not drain the grease – if you drain the grease it will not taste nearly as good.
3. Add all the veg plus two cups of water per pound of beef. If you don't add mushrooms, use a little less water.
4. Bring to a boil then simmer for 20 to 30 minutes uncovered.
5. Break apart the bricks of curry then add to the beef/water/veg mixture. Continue simmering for at least 10 more minutes, stirring frequently to get the bricks of curry to completely dissolve and blend into the beef/water/veg mixture.
6. Add more water if it gets too thick.



Enjoy! You do not have to serve with rice if you are watching your waistline – it is delicious on its own, though my husband says curry without rice is an abomination. 😊