

Thai Beef with Coconut Milk Rice

Serves 6-8

I love stews during the colder months of the year; warm, nutrient-dense, comforting, and delicious, especially after a day of skiing or working outside in the cold.

When eating beef, choose grass-fed organic beef; it is a healthier option than grain-fed feedlot beef. Grass-fed beef comes from cows that roam the fields and eat grass. Grain-fed cows are fed grains such as soy and corn that are supplemented with additives, antibiotics, and growth hormones. These are inflammatory to them and us.



The nutritional content of grass-fed beef is superior to grain-fed:

- less total fat and calories
- significantly lower levels of saturated fat
- higher in vitamins A and E
- abundant in vitamins B6, B12, iron, zinc, and selenium
- contains more antioxidants
- contains 2-6 times more omega-3 fatty acids.

Beef contains the amino acid beta-alanine which helps form carnosine. Carnosine supports muscle function, brain function, heart health, skeletal health, and more.

Thai Beef Ingredients:

- 1 tablespoon coconut oil
- 2 pounds organic, grass-fed beef stew meat, cut into 1/2" cubes
- 2/3 cup unsalted or low salt beef stock or bone broth
- 1/3 cup Thai red curry paste
- 2 tablespoons fish sauce
- 1 tablespoon blackstrap molasses
- 1 medium onion, chopped
- Fresh cilantro leaves, chopped

Thai Beef Preparation:

1. Preheat oven to 300 degrees F.
2. Heat oil over medium heat in a 2-2 1/2-quart covered braiser or Dutch oven.
3. Add onion and cook until slightly soft, about 5 minutes.
4. Add beef and brown on all sides.
5. Add broth, red curry paste, fish sauce, and molasses. Stir to combine.
6. Cover and place in oven for 2 hours or until meat is tender. Stir occasionally. Add more beef broth as necessary.

Serve:

Serve with plain steamed rice or coconut milk basmati/jasmine rice or cauliflower rice (see recipes below) and a side of sauteed greens or steamed broccoli. Top with cilantro.

Coconut Milk Rice

- 2 cups jasmine rice (optional but recommended: soaked, rinsed, and drained)
- 1 1/2 cups purified water
- 1 cup canned [unsweetened full fat coconut milk](#)
- 1/2 teaspoon sea salt

Coconut Milk Rice Directions:

1. Place rice in bowl covered with room temperature water and a tablespoon of apple cider vinegar for at least 2 hours and up to 12 hours. Drain, rinse, and drain again.
2. Place rice in saucepan with water, coconut milk, and salt. Bring to a boil.
3. Stir once, reduce heat to low, cover with lid and cook 15 minutes (do not lift lid).
4. Turn off heat and let stand 10 minutes, covered. Fluff with fork and serve.

Cauliflower Rice:

- 1-2 large heads of cauliflower (about 6-8 cups riced)
- 1/2 tsp salt
- 1 tablespoon coconut oil
- 1/2-1 cup full-fat coconut milk (optional)

Time saver: purchase already riced cauliflower fresh or frozen or rice a large batch and freeze in [platinum silicone bags](#).

Cauliflower Rice Preparation:

1. Wash and dry cauliflower and break into florets. Tip: wash and dry in a [salad spinner](#).
2. Use a box grater or food processor to break up into small rice-sized pieces.

3. Optional: transfer to a clean linen towel or paper towel and press to remove any excess moisture.
4. At this point the “rice” may be used raw, stored in the refrigerator in a glass container (up to 4 days) or frozen (about 1-2 months).
5. To cook: heat oil in skillet, add riced cauliflower and sauté about 5 minutes.
6. Add ½-1 cup full-fat coconut milk as desired and cooked another 2-3 minutes.

References:

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