Beef-Potato-Eggplant Curry

Ingredients

- 1 cup plain yogurt
- 1 clove garlic, crushed
- 1/4 tsp salt
- 1/2 pound ground beef
- 1/4 cup butter or margarine, divided
- 1 eggplant (about 1 pound), peeled and cut in 1-inch cubes
- 1 Tbsp curry powder
- 4 medium potatoes, peeled if desired, cut in 1-inch cubes
- 1 cup beef broth
- 1/2 tsp salt

Instructions

1. In a small bowl mix well yogurt, garlic, and salt; cover and chill.
2. In a large heavy skillet brown beef; drain and set aside. Wipe out skillet.
3. In same skillet in 2 Tbsp butter sauté eggplant over medium heat, turning occasionally, until tender and lightly browned. Remove from skillet; set aside with beef.
4. In same skillet in remaining 2 Tbsp butter cook curry powder briefly to release flavor.
5. Add potatoes; sauté, turning occasionally, until lightly browned.
6. Add broth to skillet. Cover and simmer 10 minutes or until potatoes are tender.
7. Stir in reserved beef and eggplant and salt. Cook until heated through.
8. Serve with yogurt sauce.

BEEF-POTATO-EGGPLANT CURRY

1 cup plain yogurt
1 clove garlic, crushed
1/4 teaspoon salt
1/2 pound ground beef
1/4 cup butter or margarine, divided
1 eggplant (about 1 pound), peeled and cut in 1-inch cubes
1 tablespoon curry powder
4 medium potatoes, peeled if desired, cut in 1-inch cubes
1 cup beef broth
1/2 teaspoon salt



In small bowl mix well yogurt, garlic and salt; cover and chill. In large heavy skillet brown beef; drain and set aside. Wipe out skillet. In same skillet in 2 tablespoons butter sauté eggplant over medium heat, turning occasionally, until tender and lightly browned. Remove from skillet; set aside with beef. In same skillet in remaining 2 tablespoons butter cook curry powder briefly to release flavor. Add potatoes; sauté, turning occasionally, until lightly browned. Add broth to skillet. Cover and simmer 10 minutes or until potatoes are tender. Stir in reserved beef and eggplant and salt. Cook until heated through. Serve with yogurt sauce. Makes 4 servings. *Per serving: 362 cal, 17 g pro, 28 g car, 21 g fat, 84 mg chol with butter, 48 mg chol with margarine*

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