

Beef and Broccoli with Brown Rice

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | **chopped**

Feel free to add in different frozen or fresh vegetables. Bell peppers, carrots, snow peas, and green beans are all great choices!

FROZEN PRODUCE

4 cups **frozen broccoli and cauliflower mix**

MEAT

1 lb **lean ground beef**

SPICES AND OILS

2 ½ tablespoons **low-sodium soy sauce**

¼ cup **water**

1 teaspoon **garlic powder**

½ teaspoon **ground ginger**


1 tablespoon **cornstarch**

1 teaspoon **olive oil**






GRAINS

1 1/3 cups cooked **brown rice**

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rice recipe
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EQUIPMENT

-  Cutting board
-  Spatula or spoon
-  Measuring spoons
-  Small bowl
-  Measuring cups
-  Large pan

Adapted from: www.skinnytaste.com/ground-beef-and-broccoli-stir-fry/#recipe

MIX IT UP AND MAKE IT YOUR OWN

- If you do not eat red meat, you can choose an alternative such as ground turkey, ground chicken, tempeh or tofu.
- Choose spices that you like or have on hand. Alternatives to the soy sauce and ginger in this recipe might be cumin and garlic. Another good option is thyme and lemon!

Directions

- 1 Add the soy sauce, water, garlic powder, ground ginger and cornstarch to a bowl and whisk together with a fork. Set to the side.
- 2 Heat a large pan over medium-high heat and add the olive oil to coat the pan. Add the onion.
 Sauté for 3–5 minutes, until the onion becomes translucent.
- 3 Add the ground beef.
 Cook, stirring occasionally, until the meat is cooked through, about 5 minutes.
- 4 Add the broccoli and cauliflower.
 Allow it to heat through, about 3–5 minutes.
- 5 Pour the sauce over the beef and veggie mixture and stir to combine.
 Cook for one more minute.
- 6 Taste and adjust seasoning as desired.
- 7 Serve ¼ of your beef and broccoli mixture over 1/3 cup of rice. Enjoy!
- 8 Save leftovers in the refrigerator for up to 3 days OR place in Ziploc bags and freeze for up to 1 month.

NOTES

Nutrition Facts

1 serving per container
 Serving size
 1 each

Calories
 per serving **390**

Amount/serving	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 440mg	19%

Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 3.7mg 20%
 Potassium 710mg 15% • Phosphorus 350mg 30%

Amount/serving	% Daily Value*
Total Carbohydrate 37g	14%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 28g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND BEEF 90/10, CAULIFLOWER, BROCCOLI, BROWN RICE, ONION, REDUCED SODIUM SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT, LACTIC ACID, SODIUM BENZOATE (PRESERVATIVE)], OLIVE OIL, CORN STARCH, GARLIC POWDER, GINGER

CONTAINS: WHEAT, SOYBEANS