



Stir Fry Vegetables and Beef

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4**



Nutrition Facts

4 servings per container
Serving size 1/4 recipe (315g)

Amount per serving
Calories 560

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 700mg	30%
Total Carbohydrate 50g	18%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 30g	
Vitamin D 6mcg	30%
Calcium 51mg	4%
Iron 4mg	20%
Potassium 863mg	20%

*The % Daily Value 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.

Scan code for a video of how to make this recipe!



Ingredients:

- 1 cup brown rice
- 2 medium carrots
- 1 cup broccoli florets
- 1 large bell pepper
- ½ teaspoon ground ginger
- 3 tablespoons less-sodium soy sauce
- 4 tablespoons olive oil
- ¼ teaspoon garlic powder
- 16 ounces sliced lean beef
- 1 cup white mushrooms
- 1 teaspoon paprika (optional)
- 1 tablespoon honey
- ¼ teaspoon salt
- 1 tablespoon sesame oil
- 1 teaspoon ground black pepper

Recipe adapted from USDA Mixing Bowl





Instructions:



1. Cook rice

Combine brown rice and 2 cups water in a medium pot. Bring to a boil over high heat. Reduce heat to medium-low and cover. Cook for 20 minutes or until water is absorbed.



2. Prep

Rinse fresh produce. Peel and cut carrots into diagonal slices. Thinly slice mushrooms and bell pepper. Cut large broccoli florets into smaller pieces. Set aside.



3. Make soy sauce mixture

Mix ground ginger, garlic powder, less-sodium soy sauce, honey, and ½ cup water in a small bowl and set aside.



4. Cook beef

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add sliced beef and cook for 2 to 3 minutes, stirring occasionally. Add salt, ground black pepper, and half of the soy sauce mixture to the skillet and continue to cook until the beef's internal temperature is at least 145°F. Remove from skillet and set aside.



5. Cook vegetables

Heat remaining olive oil in a skillet and add carrots, broccoli florets, bell pepper, and mushrooms. Cook for about 3 to 5 minutes.

6. Final touches

Add cooked beef back to the skillet and the remaining soy sauce mixture. Drizzle with sesame oil and add paprika. Bring to a simmer, reduce heat, and cover the pan. Continue to cook for 2 additional minutes. Serve stir fry over brown rice.

Did you know ?

- » Stir-frying vegetables preserves the nutrients better than boiling.
- » Lean beef provides all the flavor with less fat.

Try these tips!

- » Use this recipe with tofu instead of beef for a vegetarian option.
- » Make sure the oil is hot before adding ingredients.