



## Golden Rice & Beef

### GOLDEN RICE & BEEF

#### Ingredients

- 1 tbsp butter
- 1 small onion, diced
- 2 cloves garlic, chopped
- ½ tsp EACH turmeric, cardamom, cumin, red pepper flakes and salt
- ¼ tsp EACH cinnamon and nutmeg
- 1 cup jasmine rice
- 2 cups **Big Batch Beef** (see Lesson 1)
- 2 cups beef broth
- 1 cup frozen green beans
- 1 cup mixed beans, drained and rinsed

#### Honeyed carrots:

- 1 tsp butter
- 1 cup carrot matchsticks
- 2 tbsp honey
- Pinch salt

#### Cooking Directions

- **Melt** butter in a large skillet melt over medium-high heat. Cook onions, stirring often, for 3 minutes or until just brown. Stir in garlic, turmeric, cardamom, cumin, red pepper flakes, salt, cinnamon and nutmeg. Cook while stirring for 30 seconds.
- **Stir** in rice and Big Batch Beef. Cook for 1 minute. Pour in broth. Bring to a boil. Cover with a tight-fitting lid and reduce heat to low. Cook for 15 minutes or until all liquid is absorbed. Remove from heat; stir in green and mixed beans. Cover and let stand for 10 minutes.
- **Honeyed carrots:** Meanwhile, in a small skillet melt butter over medium-high heat. Cook carrots, honey and salt for 3 minutes. Stir carrot and honey sauce into the rice dish once it has finished standing for the 10 minutes.



### Shopping List

- Butter
- 1 small onion
- 2 cloves garlic
- Ground turmeric
- Ground cardamom
- Ground cumin
- Red pepper flakes
- Ground cinnamon
- Ground nutmeg
- Dry Jasmine rice
- Big Batch Beef (see Lesson 1)
- Beef broth
- Frozen green beans
- Can of mixed beans
- 1 to 2 carrots
- Honey

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

