

Golden Rice & Beef

GOLDEN RICE & BEEF

Ingredients

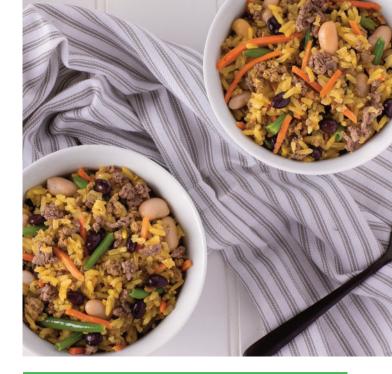
- 1 tbsp butter
- 1 small onion, diced
- 2 cloves garlic, chopped
- ½ tsp EACH turmeric, cardamom, cumin, red pepper flakes and salt
- 1/4 tsp EACH cinnamon and nutmeg
- 1 cup jasmine rice
- 2 cups Big Batch Beef (see Lesson 1)
- 2 cups beef broth
- 1 cup frozen green beans
- 1 cup mixed beans, drained and rinsed

Honeved 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!



