



Let's

# MAKE LUNCH

LESSON ELEVEN

## Rainbow Stir Fry with Rice

### RAINBOW STIR FRY WITH RICE

#### Ingredients

- 1 cup 15-minute brown rice
- 1 small onion, diced
- 2 cups beef broth
- 1 tsp garlic powder
- 1 tsp dried onion flakes or onion powder
- 1 cup frozen peas, thawed
- 1 lb (500 g) **Lean Ground Beef**
- 3 cups frozen Asian veggie mix
- ½ tsp garlic powder
- 3 tbsp soy sauce
- 3 tbsp honey
- 1 tbsp cornstarch
- 1 tbsp Worcestershire sauce

#### Cooking Directions

- Mix together rice, onion, broth, garlic powder and onion powder in a medium-sized saucepan. Bring to a boil over high heat. Reduce heat to low and cover with a tight-fitting lid. Cook for 15 minutes or until all liquid has been absorbed. Remove from heat, mix in peas, cover and let stand for 10 minutes.
- **Meanwhile**, in medium nonstick skillet cook ground beef over medium-high heat for 8 minutes, breaking the beef apart with the back of a wooden spoon. Mix in frozen vegetables and cook for 2 minutes.
- Whisk garlic powder, soy sauce, honey, cornstarch and Worcestershire sauce in a small bowl. Pour into the skillet with the ground beef mixture. Cook stirring for 3 minutes or until sauce is bubbling and thickens. Add beef and vegetable mixture to rice.



### Shopping List

- 15-minute rice (brown or white)
- 1 small onion
- Beef broth
- Garlic powder
- Onion powder
- Frozen peas
- 1 lb (500 g) Lean Ground Beef
- Mixed frozen Asian veggie mix
- Garlic powder
- Soy sauce
- Honey
- Cornstarch
- Worcestershire sauce

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

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