



Let's MAKE LUNCH

LESSON TWELVE

One Pot Cheesy Broccoli Beef and Rice



ONE POT CHEESY BROCCOLI BEEF AND RICE

Ingredients

- 1 cup 20-minute dry brown rice
- 2 cups beef broth
- ¼ tsp EACH salt, pepper and onion powder
- 2 cups (500 mL) **Big Batch Ground Beef** (see Lesson 1)
- 5 cups frozen broccoli florets
- ½ cup grated Parmesan cheese, divided

Cooking Directions

- Mix together rice, beef broth salt, pepper and onion powder in a large skillet. Bring to a boil, stir, turn heat to low and cover for 20 minutes. Do not check rice; keep covered.
- Stir in broccoli, Big Batch Beef and half of the Parmesan cheese. Cook over medium-high heat for 5 minutes, stirring, until broccoli is heated through. Top with remaining Parmesan and serve.

Shopping List

- 20-minute dry rice (brown or white)
- Beef broth
- Onion powder
- Steak spice
- 2 cups Big Batch Ground Beef (see Lesson 1)
- Frozen broccoli florets
- Parmesan cheese

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

Cook along with us:, just click!

 **YouTube**
/LoveCDNbeef

