

One Pot Cheesy Broccoli Beef and Rice

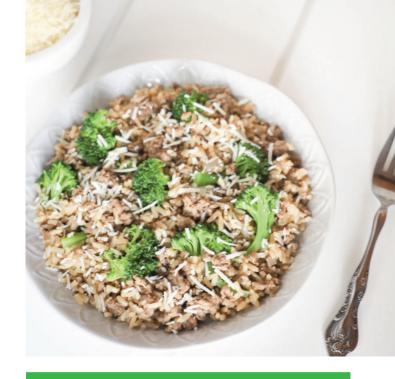
ONE POT CHEESY BROCCOLI BEEF AND RICE

Ingredients

1 cup 20-minute dry brown rice
2 cups beef broth
1/4 tsp EACH salt, pepper and onion powder
2 cups (500 mL) **Big Batch Ground Beef** (see Lesson 1)
5 cups frozen broccoli florets
1/2 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!



