YEILD: 16 SERVINGS

MEAL PATTERN CONTRIBUTION: 2 OZ EQ GRAIN, 2 OZ EQ M/MA, ½ CUP DRK GREEN VEG, 1/8 CUP R/O VEG, 1/8 CUP OTHER VEG

SERVING SIZE: 1 BOWL

**Beef and Broccoli Bowl**

**Entrée**

**Ingredients and Instructions**

**Rice, Brown, dry 2 pounds**

**Water 5 cups**

**Soy Sauce, low sodium 2 cups**

**Cornstarch 4 Tbsp**

**Hoisin Sauce 4 Tbsp**

**Beef, stir fry 3 pounds**

**Oil, Canola 8 tsp**

**Broccoli, Florets 8 cups**

**Onion, Red 4 cups**

**Carrot, chopped 4 cups**

**Water 2 cups**

**Oil, Sesame, dark 8 tsp**

**Onion, Green, sliced 1 1/3 cup**

**1. Bring the first measure of water to a boil. While waiting for the water to boil rinse your brown rice under cold water for 30 seconds. Add rice to boiling water and boil, uncovered for 30 minutes. Pour rice into a colander/strainer and let drain for 10-15 seconds. Return it to the pot, cover for 10 minutes.**

**2. Combine soy sauce, cornstarch and hoisin in a medium bowl. Add beef to bowl, toss to coat.**

**3. Heat a large skillet over high heat. Add oil to pan, swirl to coat.**

**4. Remove beef from bowl, reserving the marinade. Add beef to pan, cook for 2 minutes or until browned, stirring occasionally. Remove beef from pan.**

**5. Add broccoli to pan with the red onion, carrot, water and sesame oil. Cook 4 minutes or until broccoli is slightly tender, stirring occasionally. Add reserved marinate to pan; bring to a boil. Cook 1 minute.**

**6. Add beef to pan, cook 1 minute or until thoroughly heated. Sprinkle with green onions and serve over rice.**

**EACH BOWL WILL CONTAIN 1 CUP OF COOKED RICE, 3 OUNCES OF BEEF, ¾ CUP OF VEGETABLES**