

Golden Rice & Beef

Cooking 101

COOK-ALONG WITH

THINKBEEF.CA

INGREDIENTS

- 1 tbsp butter
- 1 small onion, diced
- 2 cloves garlic, chopped
- ½ tsp EACH turmeric, cardamom, cumin, red pepper flakes and salt
- ¼ tsp EACH cinnamon and nutmeg
- 1 cup jasmine rice
- 2 cups **Big Batch Beef** (see recipe on reverse)
- 2 cups beef broth
- 1 cup frozen green beans
- 1 cup mixed beans, drained and rinsed

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	Dry Jasmine rice
1 small onion	Big Batch Beef
2 cloves garlic	(see recipe on reverse)
Ground turmeric	Beef broth
Ground cardamom	Frozen green beans
Ground cumin	Can of mixed beans
Red pepper flakes	1 to 2 carrots
Ground cinnamon	Honey
Ground nutmeg	



Big Batch Beef

INGREDIENTS

4 lb (2 kg) **Extra-Lean** or **Lean Ground Beef**
4 EACH cooking onions and cloves garlic, minced

COOKING DIRECTIONS

- Cook ground beef in Dutch oven over medium-high heat for 8 to 10 minutes, breaking into chunks with wooden spoon while cooking, until meat reaches temperature of 160°F (71°C) throughout when tested with a digital instant-read thermometer. Drain, and return to pot. Add onion and garlic simmer for 12 to 15 minutes until vegetables are softened.
- Spread mixture in a single layer on several foil or parchment paper-lined baking trays; freeze just until meat is firm, about 1 hour.
- Loosen beef mixture into chunks; scoop meal-sized portions into freezer bags. Freeze for up to 3 months.



Shopping List

4 lb (2 kg) Extra Lean or Lean Ground Beef
4 cooking onions
4 cloves garlic

