



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 recipe on reverse)
- 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 recipe on reverse)
Frozen broccoli florets
Parmesan cheese



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