



Ground Beef & Broccoli

INGREDIENTS:

- 1 tbsp. olive oil
- 3 cups broccoli florets
- 1 lb. ground beef
- 1 yellow onion, diced
- 1 red bell pepper, sliced
- Sea salt & pepper to taste
- 2 cups cooked rice, any kind

Sauce

- 1 cup beef broth
- 1/4 cup soy sauce
- 3-1/2 tablespoons honey
- 2 cloves garlic, minced
- 1/2 teaspoon ground ginger
- 1 teaspoon toasted sesame oil
- 2 tbsp. rice flour + 2 tablespoons cold water (Mix well and add to sauce just before adding to beef)

DIRECTIONS:

1. Mix rice flour with water & set aside. Combine all sauce ingredients and set aside. (If not using liquid honey, microwave to melt before adding other ingredients).
2. Heat oil over medium heat. Add broccoli and cook for 4-5 minutes. Remove & set aside.
3. Cook ground beef with sea salt & pepper and diced onions until done. Drain grease. Add peppers and cook for 1 minute.
4. Add rice flour mixed with water to sauce and whisk together. Add sauce to beef mixture and stir. Add broccoli back in and mix all ingredients together well.
5. Serve over rice.

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