



Beef & Shredded Veggies with Rice

2 servings
20 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 8 ozs Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (medium, peeled and grated)
- 1 cup Broccoli (finely chopped, riced)
- 1/4 cup Salsa

Nutrition

Amount per serving	
Calories	440
Fat	12g
Carbs	56g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	357mg
Vitamin A	9671IU
Vitamin C	43mg
Calcium	64mg
Iron	3mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 3 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and onions or dried herbs and spices to taste.

Additional Toppings: Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

No Jasmine Rice: Use quinoa, brown rice, or cauliflower rice.

No Beef: Use ground chicken, turkey, pork, lentils, or chickpeas instead.