



Korean-Style Beef with Brown Rice

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Seasoned Instant Brown Rice

Chef's Choice Seasoning | ¼ tsp. (½)

Instant Brown Rice | 1 ½ cups (3)

Garlic | ½ Tbsp. (1)

Red Pepper Flakes | ½ tsp. (1 ½)

Seasoning Blend

Ground Ginger | 1 Tbsp. (2)

Chef's Choice Seasoning | ¼ tsp. (½)

Shredded Beef | 1 cup (2)

Onion Mix

Green Onions | 2 Tbsp. (¼ cup)

Onion Slices | 2 Tbsp. (¼ cup)

Veggie Mix

Green Beans | ¼ cup (½)

Red Bell Peppers | ¼ cup (½)

Broccoli | ½ cup (1)

Cornstarch | ½ Tbsp. (1)

grab from your pantry

Butter or Oil | 1 Tbsp. (2)

Brown Sugar | ½ cup (⅔)

Low Sodium Soy Sauce | ⅓ cup (⅔)

20
minutes

allergens:

None

Pantry items not included

460 CALS / FATS 11G / PROTEIN 24G / SODIUM 1710MG

THRIVE
LIFE

kitchen gadgets: Medium sauce pot, large sauté pan, small bowl



1 *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

In a medium sauce pot, bring 1 ½ (3) cups of **water** to a boil. Add the **seasoned instant brown rice** and bring to a simmer. Simmer covered for 6 minutes, then remove from heat and let rest for 5 minutes while covered.



2 While the rice is cooking, measure out 1 ½ (3) cups of **water**. In a large sauté pan, add 1 (2) tablespoons of **butter or oil** of your choice, and sauté the **garlic** on medium heat until aromatic (10–30 seconds). To spice it up, add up to ½ (1 ½) teaspoons of **red pepper flakes**, then add the **seasoning blend** and lightly toast for a few more seconds. Deglaze with the 1 ½ (3) cups of water.



3 Add the **shredded beef**, ½ (¾) cup **brown sugar**, and ½ (¾) cup **soy sauce** to the sauté pan and bring to a low simmer. Simmer on low for 5–6 minutes. Add the **onion mix** and **veggie mix**, and then simmer for an additional 3–5 minutes.



4 To finish the beef, add 2 tablespoons (¼ cup) of **water** to the **cornstarch** in a small dish and stir well to create a slurry. Add the slurry to the beef to thicken sauce, and simmer an additional 1–2 minutes. Allow to rest 2–3 minutes.



5 To assemble, top the rice with beef and vegetable mix and serve!



Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.





Nutrition Facts

5 servings per container

Serving size 1 Cup (49g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 3.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 390mg 17%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0% • Calcium 41mg 4%

Iron 2mg 10% • Potassium 212mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PRECOOKED DRIED LONG GRAIN BROWN RICE, FREEZE DRIED SHREDDED BEEF COOKED AND SEASONED* (BEEF, SALT), BROCCOLI*, DEHYDRATED GARLIC, POWDERED GINGER, CORNSTARCH, GREEN BEANS*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), RED BELL PEPPERS*, ONION*, RED CHILI PEPPER FLAKES, GREEN ONIONS*

*FREEZE DRIED



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