

## 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 |  $\frac{1}{4}$  tsp. ( $\frac{1}{2}$ ) Instant Brown Rice |  $\frac{1}{2}$  cups ( $\frac{3}{2}$ )

Garlic 1/2 Tbsp. (1)

Red Pepper Flakes 1/2 tsp. (1 1/2)

#### **Seasoning Blend**

Ground Ginger | 1 Tbsp. (2)

Chef's Choice Seasoning 1/4 tsp. (1/2)

Shredded Beef | 1 cup (2)

#### **Onion Mix**

Green Onions | 2 Tbsp. (¼ cup) Onion Slices | 2 Tbsp. (¼ cup)

### **Veggie Mix**

Green Beans | 1/4 cup (1/2)

Red Bell Peppers | 1/4 cup (1/2)

Broccoli | ½ cup (1)

Cornstarch | ½ Tbsp. (1)

## grab from your pantry

Butter or Oil | 1 Tbsp. (2)

Brown Sugar | 1/3 cup (2/3)

Low Sodium Soy Sauce | 1/3 cup (2/3)

20 minutes

allergens:

None

Pantry items not included

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

THRIVE

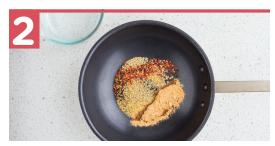


Cooking for 4: Measurements for a four (4) person meal are in parentheses.

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.



Add the **shredded beef,** ½ (%) cup **brown sugar,** and ½ (%) 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.



While the rice is cooking, measure out  $1 \frac{1}{2}$  (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  $\frac{1}{2}$  (1  $\frac{1}{2}$ ) teaspoons of red pepper flakes, then add the seasoning blend and lightly toast for a few more seconds. Deglaze with the 1  $\frac{1}{2}$  (3) cups of water.



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.



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.







KORFAN-STYLE BEFF

1 Cup (49g)

190

4%

5%

10%

17%

9%

4%

0%

% Daily Value \*

Calcium 41mg 4%

Potassium 212mg 4%

**Nutrition Facts** 

10 servings per container

Serving size

Amount per serving

**Calories** 

190 % Daily Value \*

Total Fat 3.5g Saturated Fat 1g

Trans Fat 0g Cholesterol 30mg

Sodium 390ma

10% 17% 9%

4%

5%

4%

0%

Total Carbohydrate 26g Dietary Fiber 1g

Protein 13g

Iron 2ma 10%

\*FREEZE DRIED

Total Sugars 1g Includes 0g Added Sugars

Calcium 41mg 4% Potassium 212mg 4%

Vitamin D 0mcg 0%

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, CHILL PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), RED BELL

PEPPERS\*, ONION\*, RED CHILI PEPPER FLAKES, GREEN ONIONS\*

**Nutrition Facts** 5 servings per container 1 Cup (49g)

Amount per serving

**Calories** 

Serving size

Total Fat 3.5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 30mg Sodium 390ma

Total Carbohydrate 26g

Dietary Fiber 1g Total Sugars 1g

Includes 0g Added Sugars Protein 13g

Vitamin D 0mcg 0% Iron 2mg 10%

\* 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, CHILL PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), RED BELL PEPPERS\*, ONION\*, RED CHILI PEPPER FLAKES, GREEN ONIONS\* \*FREEZE DRIED

<sup>\*</sup> 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.