



## Sweet & Sour Beef with 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 White Rice

Instant White Rice | 1 ½ cups (3)

Chef's Choice Seasoning | ¼ tsp. (½)

**Garlic** | ½ Tbsp. (1)

**Shredded Beef** | ¾ cups (1 ½)

**Chef's Choice Seasoning** | ¼ tsp. (½)

**Green Chili Peppers** | 2 Tbsp. (¼ cup)

**Pineapple** | ¼ cup (½)

#### Veggie Mix

Red Bell Peppers | 2 ½ Tbsp. (⅓ cup)

Green Bell Peppers | 2 ½ Tbsp. (⅓ cup)

Onion Slices | 2 ½ Tbsp. (⅓ cup)

Green Beans | 2 Tbsp. (¼ cup)

**Cornstarch** | ½ Tbsp. (1)

#### Sauce Mix

Espagnole | ½ Tbsp. (1)

Tomato Powder | 1 Tbsp. (2)

**Pineapple Juice** | ½ (1) 6 oz. can

**Rice Vinegar** | 1 oz. (2)

### grab from your pantry

**Butter or Oil** | ½ Tbsp. (1)

**Low Sodium Soy Sauce** | 2 tsp. (1 ½ Tbsp.)

**Brown Sugar** | 2 ½ Tbsp. (⅓ cup)

**20**  
minutes

**allergens:**

Dairy

Pantry items not included

400 CALS / FATS 7G / PROTEIN 18G / SODIUM 1110MG

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 white rice** and bring to a simmer. Simmer covered for 6 minutes, then remove from heat and let rest 5 minutes covered.



**2** While the rice is cooking, measure out 1 ½ (3) cups of **water**. In a large sauté pan, add ½ (1) Tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10-30 seconds). Then add water, **shredded beef**, **Chef's Choice seasoning**, **green chili peppers**, **pineapple**, and **veggie mix** to the pan and bring to a simmer. Let simmer for 2-3 minutes.



**3** To make a slurry to thicken your sauce, place the **cornstarch** in a small dish and add 1 (2) Tablespoon **cold water**. Stir to combine until smooth. Set aside.



**4** Add in **sauce mix**, ½ (1) can **pineapple juice**, **rice vinegar**, 2 teaspoons (1 ½ Tablespoons) **soy sauce**, and 2 ½ Tablespoons (½ cup) **brown sugar** and bring to a simmer. Add cornstarch slurry and allow to simmer for an additional 3-4 minutes or until desired thickness is reached.



**5** Place rice in a bowl and top with the sauce.



### Wasn't that simple?

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





## Nutrition Facts

3 servings per container

**Serving size** 1 Cup (120g)

Amount per serving

**Calories** **350**

% Daily Value \*

**Total Fat** 4.5g **6%**
Saturated Fat 1.5g **8%***Trans* Fat 0g
**Cholesterol** 35mg **12%**
**Sodium** 970mg **42%**
**Total Carbohydrate** 59g **21%**
Dietary Fiber 2g **7%**

Total Sugars 11g

Includes 0g Added Sugars **0%**
**Protein** 18g

Vitamin D 0mcg 0% • Calcium 66mg 6%

Iron 3mg 15% • Potassium 426mg 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:** INSTANT WHITE RICE (PRECOOKED LONG GRAIN RICE, NIACIN [NIACINAMIDE], IRON [FERRIC ORTHOPHOSPHATE], THIAMINE [THIAMINE MONONITRATE], FOLIC ACID), PINEAPPLE JUICE (PINEAPPLE JUICE, ASCORBIC ACID, VITAMIN E, AND VITAMIN A), FREEZE DRIED SHREDDED BEEF COOKED AND SEASONED\* (BEEF, SALT), SEASONED GOURMET RICE VINEGAR (RICE VINEGAR, SUGAR, SALT), PINEAPPLE\*, TOMATO POWDER, DEHYDRATED GARLIC, THRIVE ESPAGNOLE SAUCE POWDER (FOOD STARCH-MODIFIED, SALT, POTATO STARCH, SWEET CREAM, MALTODEXTRIN, YEAST EXTRACT, TOMATO POWDER, SUGAR, NONFAT MILK SOLIDS, POWDERED COOKED BEEF, BEEF FAT, DEXTROSE, GARLIC POWDER, CARAMEL COLOR, BEEF EXTRACT, NATURAL FLAVOR, GUAR GUM, ONION POWDER, SPICES, XANTHAN GUM, SODIUM CASEINATE, SODIUM PHOSPHATE, LACTIC ACID, CALCIUM LACTATE, ANNATTO COLOR), CORNSTARCH, RED BELL PEPPERS\*, ONION\*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), GREEN BEANS\*, GREEN BELL PEPPERS\*, GREEN CHILI PEPPERS\*

\*FREEZE DRIED  
CONTAINS: MILK.



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