

Beef & Veggie Rice Stir-Fry

Serving Size: 1 and 1/4c | Servings per Recipe: 4 | Healthy



INGREDIENTS

- 1 lb. ground beef (lean preferred)
- 3 cups cooked brown rice
- 3 cups frozen vegetables
- 1 tbsp oil
- 2 tbsp low-sodium soy sauce
- 1 tsp garlic powder

DIRECTIONS

- Heat olive oil in a large pan over medium heat.
- Add ground beef and cook until browned, about 6–8 minutes.
- Drain excess fat if needed.
- Add frozen vegetables and cook 4–5 minutes.
- Stir in cooked rice, soy sauce, and garlic powder.
- Cook 3–5 minutes until heated through.



Calories per serving: 420 kcal | 18 g total fat | 38 g total carbohydrates | 26 g protein