



## Mongolian Beef with Broccoli and Jasmine Rice

Prep Time: 20 min  
Cook Time : 35 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

391 calories  
12.1 g fat  
723 mg sodium



### INGREDIENTS: \*\* Items not included in kit

- 2 tsp vegetable oil\*\*
- 1 garlic clove, minced
- 1/2 tsp grated fresh ginger
- 1/3 cup low sodium soy sauce
- 1/2 cup water\*\*
- 2/3 cup dark brown sugar
- 1.5 pounds beef strips
- 1/4 cup cornstarch
- 1/3 cup vegetable oil for frying\*\*
- 1 bunch green onions, trim and cut in 2-inch lengths
- 1 1/2 cups of Jasmine Rice - see attached cooking instructions for rice on back
- 2 cups broccoli florets

### DIRECTIONS:

1. Cook **rice** according to instructions on back of recipe.
2. Heat **2 teaspoons of vegetable oil** in a saucepan over medium heat, and stir the **garlic** and **ginger** until they release their fragrance, about 30 seconds. Pour in the **soy sauce, water, and brown sugar**. Raise the heat to medium-high, and stir 4 minutes, until the sugar has dissolved and the sauce boils and slightly thickens. Remove sauce from the heat, and set aside.
3. Place the **beef strips** into a bowl and mix the cornstarch into the beef, coating it thoroughly. Allow the **beef** and **cornstarch** to sit until most of the juices from the meat have been absorbed by the cornstarch, about 10 minutes.
4. Heat the **vegetable oil** in a deep-sided skillet or wok to 375 degrees F (190 degrees C) or medium high heat.
5. Shake excess **cornstarch** from the **beef**, and drop them into the hot oil, a few at a time. Stir briefly, and fry until the edges become crisp and start to brown, about 2 minutes. Remove the **beef** from the oil with a large slotted spoon, and allow to drain on paper towels to remove excess oil.
6. Pour the remaining **oil** out of the skillet or wok, and return the pan to medium heat. Add the **beef slices** back to the pan, stir briefly, and pour in the **sauce** made in Step 2. Stir to combine, and add the **sliced green onions**. Bring the mixture to a boil, and cook until the onions have softened and turned bright green, about 2 minutes. If sauce is not thick enough, you can dissolve **1 tsp cornstarch** into **1 tsp of water** and add at the end to thicken the sauce.
7. Break **large broccoli florets** into smaller even pieces. Rinse **florets** and place in a microwave safe dish with **1 TB of water**. Cover and microwave for 2 1/2 minutes. Drain well and add to the **beef, sauce and green onion** mixture. Stir to combine and serve over **rice**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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# How to Cook Rice on the Stove

## Ingredients to serve 4:

- 1 1/2 cups rice
- 3 cups water
- 1/2 teaspoon salt
- 1 tablespoon butter or oil (optional)

## Equipment:

- Small (2-quart or so) saucepan with a lid
- Stirring spoon

## DIRECTIONS:

**Pre-cooking:** It's good practice to rinse your rice in a strainer before cooking with the exception of Jasmine Rice. This isn't strictly necessary, but it will rinse off any dusty starch on the surface of the rice along with any leftover chaff or stray particles. (Some types of rice have a more starchy coating than others.)

**1. Measure the Rice and Water:** For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Some rice varieties will need a little less or a little more water as it cooks, so check the package for specific instructions.

**2. Boil the Water:** Bring the water to boil in a sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

**3. Add the Rice:** When the water has come to a boil, stir in the rice, salt, and butter/oil (if using), and bring it back to a gentle simmer.

**4. Cover and Cook:** Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time.

### Approximate cooking times:

- White Rice: 18 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

Start checking the rice around 18 minutes for white rice and 30 minutes for brown rice. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

**5. Turn Off the Heat and Remove the Lid:** When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.

Rice keeps well in the fridge for several days, so you can make extra ahead to serve later.



## Turkey Chipotle Tacos

Prep Time: 15 min

Cook Time : 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

419 calories

9.78 g fat

722 mg sodium



### INGREDIENTS: \*\* *Items not included in kit*

- 1 pound ground turkey
- 2 cloves garlic, minced
- 1 cup onion, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 pound kale (must wash and dry before using)
- 2 canned chipotle chilies (chipotles are smoked dried jalapenos and can be moderate to spicy hot)
- 1 can (15 oz.) tomato sauce
- 8 flour tortillas warmed
- 3/4 cup shredded cheddar cheese

### DIRECTIONS:

1. In a 12-inch nonstick frying pan, combine **turkey, garlic, onion, chili powder, and cumin**. Cook over medium-high heat, stirring often, until meat is lightly browned, 7 to 8 minutes.
2. Separate **kale** leaves by pulling off from the rib, discard the rib. Wash and dry the kale leaves. While meat browns, chop the **kale leaves** and **chipotles**.
3. To the turkey add **chopped kale, chopped chipotles, and tomato sauce** to pan and stir. Cover and simmer over medium heat, stirring occasionally, until kale is wilted, about 10 minutes.
2. Warm **tortillas** following instructions on the package. Or place on a plate and cover with a damp paper towel and microwave for 30 seconds or until warmed.
4. Spoon **turkey/kale** mixture into **tortillas** and top with **shredded cheese**.

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