

Beef & Vegetable Fried Rice

Total recipe time: 25 minutes Makes 4 servings

Ingredients

1 pound ground beef
2 cloves garlic, minced
1 teaspoon grated fresh ginger or 1/4 teaspoon ground ginger
1 red bell pepper, cut into 1/2-inch pieces
1 package (6 ounces) frozen pea pods
3 cups cold cooked rice
3 tablespoons soy sauce
2 teaspoons dark sesame oil
1/4 cup thinly sliced green onions



Instructions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef, ginger and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings.
2. Heat 2 tablespoons water in same skillet over medium-high heat until hot. Add bell pepper and pea pods; cook 3 minutes or until pepper is crisp-tender, stirring occasionally. Stir in rice, soy sauce and sesame oil.
3. Return beef to skillet; heat through. Stir in green onions.

Nutritional Information Per Serving

Nutrition information per serving: 474 calories; 18 g fat (6 g saturated fat; 8 g monounsaturated fat); 76 mg cholesterol; 758 mg sodium; 47 g carbohydrate; 2.6 g fiber; 29 g protein; 8.4 mg niacin; 0.6 mg vitamin B6; 2.4 mcg vitamin B12; 5.9 mg iron; 29.7 mcg selenium; 6.4 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber.