



VEGAN BEEF & VEGGIES

INGREDIENTS

- 1 lb. Plant-Based Beef Tips
- 2 cups brown rice
- 4 cups water
- 1 red pepper
- 2 medium carrots
- 1 yellow bell pepper
- 1 small head of broccoli
- ½ cup snap peas
- ½ onion
- 2 cloves garlic
- 3 T soy sauce
- 1 T minced ginger
- 1 T rice vinegar
- 2 T corn starch
- 1 cup vegetable broth (divided)
- 2 T vegetable oil

TIME: 42 mins (Prep Time 10 mins / Cook Time 32 mins) **SERVES:** 4 **TYPE:** Vegan

INSTRUCTIONS

- 1 Combine two cups of brown rice with 4 cups of water. Boil for a minute on the stove top, then set to simmer for 20 minutes until cooked. Set aside.
- 2 Combine soy sauce, rice vinegar, ginger, corn starch, and 3 T vegetable broth in a large bowl. Add the beef tips. Set aside until ready to cook.
- 3 Chop the veggies into bite-sized pieces. Dice the onion, and crush the garlic cloves.
- 4 In a large pan sauté garlic and onions in a small amount of oil. Add the veggies and a small amount of vegetable broth. Cook for a few minutes, then add the beef tips.
- 5 Sauté for about 8 minutes or until a knife slides through the cooked veggies.
- 6 Serve hot on a bed of brown rice. Enjoy!

QUICK TIP



Add diced chilies for added heat

Before
the butcher™