



DINNER TONIGHT

Beef, Brown Rice and
Broccoli Stir-Fry



FUN

Go around the table
and make up a story.
Each person saying
one sentence at a time!



CONVERSATION

What would you do if
you made the rules at
home?





Beef, Brown Rice and Broccoli Stir-Fry

INGREDIENTS

Serves 3

- 1 c. uncooked brown rice (try quick-cooking varieties)
- 1 tbsp. olive oil
- ½ lb. beef steak, thinly sliced
- 2 cloves garlic, minced
- 2 c. broccoli florets
- 4 scallions, sliced
- 2 tbsp. light soy sauce

INSTRUCTIONS

1. Cook rice according to package directions. Set aside.
2. In frying pan, brown beef with garlic in oil over medium-high heat.
3. Lower heat. Stir in broccoli and onion; stir fry for 3 to 4 minutes or until vegetables are tender.
4. Add soy sauce. Stir in cooked rice, heat thoroughly. Serve.

This recipe is from the Vermont WIC program, and appears in their *Eat Well Cookbook*.

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helping of food, fun and
conversation!