

# RAINBOW STIR-FRY

This easy colourful stir-fry uses ingredients you will likely find in your kitchen pantry. The combination of veggies, whole grain and beef make this a full food-guide-friendly meal idea. Use tamari for a gluten-free soy sauce option.

**Prep Time:** 10 minutes **Cook Time:** 40 minutes

**Total Time:** 50 minutes

**Servings:** 4

## INGREDIENTS

### Rice

- 1 cup 15-minute brown rice
- 1 small onion, diced
- 2 cups beef
- 1 tsp garlic powder
- 1 tsp onion powder or dried onion flakes
- 1 cup frozen peas, thawed

### Beef and Vegetables

- 1 lb (500 g) lean ground beef
- 3 cups mixed frozen Asian vegetable mix, thawed

### Sauce

- 3 tbsp tamari or soy sauce
- 3 tbsp liquid honey
- 1 tbsp Worcestershire sauce
- 1 tbsp cornstarch
- ½ tsp garlic powder

## COOKING DIRECTIONS

**Rice:** In a medium-sized saucepan stir together rice, onion, broth, garlic powder and onion powder. Bring to a boil over high heat. Reduce heat to low and cover with a tight-fitting lid. Cook for 15 minutes or until all liquid has been absorbed. Remove from heat; mix in peas. Cover and let stand for 10 minutes.

**Beef and Vegetables:** Meanwhile, in a large nonstick skillet, cook ground beef over medium-high heat for 8 minutes, breaking the beef apart with the back of a wooden spoon. Stir in frozen vegetables and cook for 2 minutes.

**Sauce:** In a small bowl, whisk together soy sauce, honey, Worcestershire, cornstarch and garlic powder. Pour into the skillet. Cook, stirring for 3 minutes or until sauce is bubbling and thickens. Add to rice mixture and serve.



## SHOPPING LIST

- 15-minute brown rice
- 1 small onion
- Beef broth
- Garlic powder
- Onion powder or dried onion flakes
- Frozen peas
- 1 lb (500 g) lean ground beef
- Mixed frozen Asian vegetable mix
- Tamari or soy sauce
- Liquid honey
- Worcestershire sauce
- Cornstarch

Make this recipe a family 'cook-along' event for dinner or lunch. Get your gang to follow the full [step-by-step cooking demo](#). LOADED with TONS of TIPS and secrets to help you cook better!



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