**Beef & Vegetable Fried Rice**

*Makes 4 servings*

*Ingredients:*

1 pound Ground Beef (93% lean or leaner)

2 teaspoons minced garlic

1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger

1 red bell pepper, cut into ½-inch pieces

1 package (6 ounces) frozen pea pods

3 cups cooked rice

3 tablespoons reduced-sodium soy sauce

2 teaspoons dark sesame oil

¼ cup thinly sliced green onions

*Cooking:*

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, garlic and ginger; cook 8 to 10 minutes, breaking into 3/4 -inch crumbles and stirring occasionally. Remove from skillet.
	1. Cook’s Tip: Cooking times are for fresh or thoroughly thawed ground beef Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
2. Place beef mixture into large freezer food-safe plastic bag. Cool open bag in refrigerator 30 minutes. Close bag securely. Place bag in freezer.
3. Remove beef mixture bag from freezer. Heat large nonstick skillet over medium-high heat until hot; add frozen beef mixture and 2 tablespoons water. Cover and cook 4 to 6 minutes. Uncover and add 2 more tablespoons water, bell pepper and pea pods to skillet; cook 3 minutes until internal temperature reaches 165°F and pepper is crisp-tender, stirring occasionally. Stir in rice, soy sauce and sesame oil.
4. Garnish with green onions.

*Disclaimer: This recipe was created specifically for Hy-Vee’s Simple Fix meal prep kit program. Nutritional analysis may differ from originally certified American Heart Association recipe available on* [*www.BeefItsWhatsForDinner.com*](http://www.BeefItsWhatsForDinner.com)*.*

