

Ingredients

1 package
**UNCLE BEN'S® BISTRO EXPRESS®
BROCCOLI & CHEDDAR**

1 pound (500g)
Extra lean ground beef

1/2 cup (125 mL)
Water

2 cups (500 mL)
Broccoli florets

2 cups (500 mL)
Mixed frozen vegetables

1/2 cup (125 mL)
Shredded cheddar cheese

Vegetarian option
**Replace ground beef with
veggie ground round**

Cheddar Broccoli Beef & Rice Bowls

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Family favourite ground beef gets amped up with Cheddar & Broccoli rice and a rainbow of veggies plus a sprinkle of cheese.

 Makes 4 servings (1 1/2 cups +
2 tablespoons of shredded cheddar)

 Prep: 10 minutes Cook: 13 minutes
Total: 23 minutes



- 1 In a large skillet over medium heat, brown the ground beef, stirring to crumble, until cooked; about 6 minutes. Drain fat. Transfer beef to a bowl; cover and keep warm and return skillet to heat.
- 2 Add the mixed vegetables and 1/2 cup water to pan; cover and cook 4 minutes or until tender, stirring occasionally.
- 3 Add the broccoli to the mixed vegetables; cover and cook 3 minutes or until crisp-tender, stirring occasionally. Remove from heat.
- 4 Add reserved beef and package of rice to skillet, stir well to combine. Divide among 4 bowls. Top with shredded cheddar cheese.

Note: Nutrition facts based on ingredients in the recipe description and do not include side dishes shown in photography.

Nutrition Facts*

Per serving

Calories 380

Calories from Fat 120

Total Fat 13 g (20% DV)
Saturated Fat 6 g (30% DV)
Trans Fat 0 g

Cholesterol 85 mg (28% DV)

Sodium 550 mg (23% DV)

Carbohydrate 32 g (11% DV)
Dietary Fibre 5 g (20% DV)
Sugars 3 g

Protein 33 g

Vitamin A 93%

Vitamin C 60%

Calcium 20%

Iron 23%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

