



# Asian-Inspired Skillet



WSU Extension

## Ingredients



- 1/2 pound lean ground beef
  - 2 cups chopped vegetables: onion, celery bell peppers and carrots
  - 2 1/2 cups water
  - 1 cup dry white rice
  - 2 Tbs. soy sauce
  - 2 garlic cloves, minced
  - 1/4 tsp. Crushed red pepper flakes
  - 1 tsp. fresh ginger, minced
  - 3 cups chopped raw: cabbage, broccoli and zucchini
- Yield: 4  
Serving Size: 1 1/2 cup



## Directions



1. Heat large skillet over medium high heat. Add meat and cook until brown, breaking apart with a spoon.
2. Add the first group of vegetables and continue cooking for 5 to 10 minutes. Drain any fat.
3. Add water, rice, soy sauce, garlic and seasonings. Bring to a boil. Reduce heat to medium low Cover pan and cook for 10 minutes.
4. Add the second group of raw vegetables. Continue to cook for 10-15 minutes until rice is tender.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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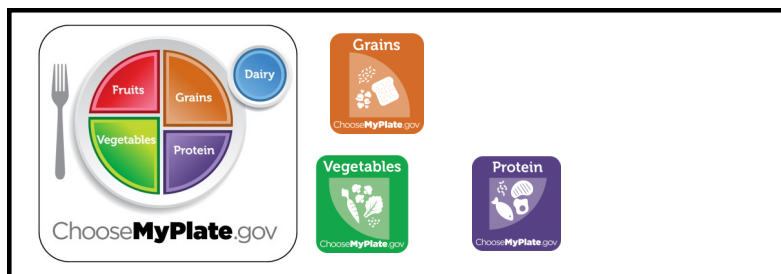
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Substitute brown rice for white rice
- Soak rice in water for 24 hrs. before cooking
- Add different spices to give the skillet a different taste

## Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1 1/2 cups
Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>260</b>
Total Fat 7g	9%
Saturated Fat 2.6g	13%
Trans Fat 0.3g	
Cholesterol 35mg	12%
Sodium 490mg	21%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.62mg	8%
Potassium 282mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

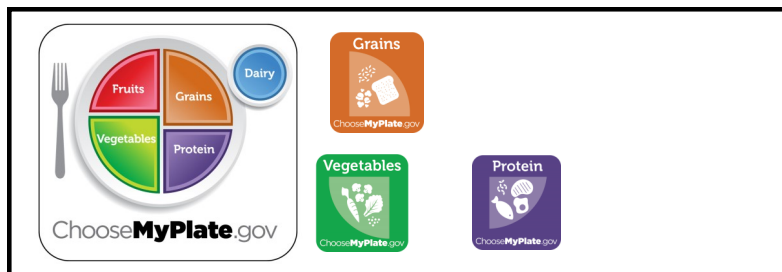
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