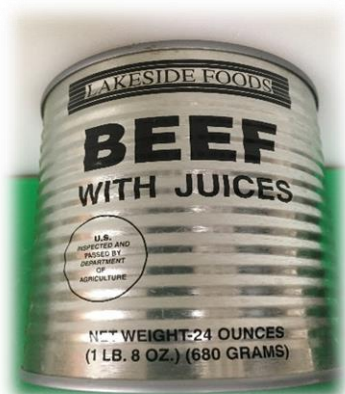


# What can I make with this???

Here are a few ideas...



Beef with Broccoli Stir Fry



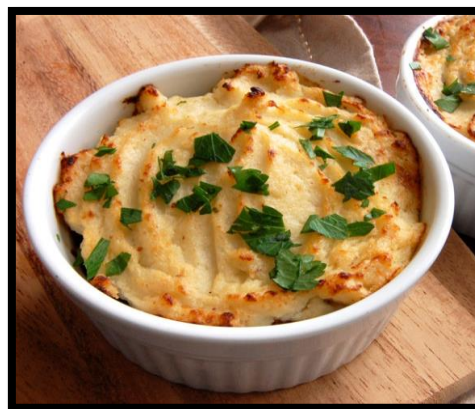
Fried Rice



Hearty Beef Stew



Shepherd's Pie



Created by Rayshal Spalding; University of Idaho,  
Coordinated Program in Dietetics.

