

Ground Beef Fried Rice

Ingredients:

1 pound of ground beef or pork

5 -6 large garlic cloves, chopped

1-4 teaspoon ginger powder or minced fresh ginger

2 tablespoons oil (not olive oil)

1 red bell pepper, cut into about 1/2-inch pieces

1 1-2 cups small broccoli florets or frozen pea pods

3 cups cold, cooked white rice

3 -4 tablespoons soy sauce (or Bragg's Amino's, gluten free low sodium)

2 teaspoons dark sesame oil

4 green onions, chopped

salt and pepper (optional)

Directions

In a wok or a large skillet, brown the ground beef with garlic and ginger over medium heat (about 10 minutes) breaking up into small pieces; drain the fat, then transfer to a bowl.

Heat 2 tablespoons oil in the same skillet over medium-high heat until hot.

Add in bell pepper and pea pods or broccoli, and cook for 3 minutes or until bell pepper is crisp-tender, stirring occasionally.

Stir in the cold cooked rice, soy sauce and sesame oil.

Return the cooked ground beef back to the skillet; toss to combine and heat through, then stir in the chopped green onions.

Season with salt and pepper and more soy sauce if desired.