

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)

Instructions: 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.

Source : allrecipes.com