



ASIAN BEEF AND RICE

From the kitchen of Mom Dudley

Ingredients:

3½ cups beef broth, or 2 cans 14-ounce
1 cup long-grain raw rice
1 pound ground beef
1 tablespoon vegetable oil
1 medium onion, chopped
2 carrots sliced
8 ounces fresh button mushrooms
5 cloves fresh garlic, minced
¼ cup soy sauce
2 tablespoons ketchup
2 tablespoons rice vinegar, or plain white
vinegar
1 tablespoon finely minced fresh ginger
½ cup frozen green peas, optional
2 teaspoons Asian (dark) sesame oil

Directions:

In a saucepan, with a cover, bring broth to a boil over high heat.
Add rice, stir, and reduce heat to Low.
Cover and simmer about 20 minutes.
Meanwhile, heat oil in an extra-deep skillet over medium heat.
Add chopped onion, carrots, and mushrooms.
Add the beef to the skillet and cook, turning and breaking up the meat, until it is crumbled and browned, 7 to 8 minutes.
Drain excess fat, as necessary.
Add garlic, soy sauce, ketchup, vinegar, and ginger. Stir well and reduce heat to low.
Add peas (if using) and sesame oil. Stir.
Add the cooked rice and stir until thoroughly combined. Serve at once.