

ASIAN BEEF AND RICE



INGREDIENTS:

- 1 lb stew meat
- ¼ cup soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 teaspoon garlic powder
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 onion, sliced *
- 1 tablespoon sesame seeds
- 2 cups cooked rice *

* denotes Three Square items

MAKE IT:

1. Place 1 pound of stew meat baking pan at 350 degrees.
2. Mix ¼ cup soy sauce, 1 tablespoon hoisin sauce, 1 tablespoon honey, 1 teaspoon sesame oil and 1 teaspoon garlic powder in a small bowl.
3. Pour soy sauce mixture over meat.
4. Cook for 1 hour or until tender.
5. Add 1 sliced green pepper, 1 sliced red pepper and 1 sliced onion.
6. Continue to cook for an additional 30 minutes.
7. Remove from oven, serve with rice and sprinkle with sesame seeds.

This recipe allows you to cook an Asian-style beef with a multitude of different veggies. Using broccoli instead of peppers will give you another meal idea to use on a different night.

This dish is delicious with crispy spring rolls or eggrolls.

