
BEEF
Fried Rice
CERTIFIED
HEREFORD
BEEF

Beef Fried Rice

Total Recipe Time: 25 minutes
Total servings: 4
Protein per serving: 32g

Ingredients

- 1 lb. ground Certified Hereford Beef
- 2 cloves garlic, minced
- 1/4 tsp. ground ginger
- 1 red bell pepper, diced
- 1 package frozen pea pods
- 3 cups cold cooked rice
- 3 tbsp. soy sauce
- 2 tsp. dark sesame oil
- 1/4 cup sliced green onions

Instructions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef, ginger and garlic. Cook 8-10 minutes, breaking into crumbles and stirring occasionally. Remove from skillet and pour off drippings.
2. Heat 2 tbsp. water in same skillet over medium-high heat until hot. Add bell pepper and pea pods; cook 3 minutes or until pepper is crisp-tender, stirring occasionally. Stir in rice, soy sauce and sesame oil.
3. Return beef to skillet; heat through. Stir in green onion and serve.

** Recipe and photo courtesy of the Beef Checkoff*