

# GROUND BEEF *kale stir fry*

**\$3.00**

*per serving*

**30** MINUTES  
OR LESS

**11** INGREDIENTS

*Buy Local!*

1 cup of uncooked brown rice (or sub cauliflower)

1/2 cup of beef broth

1/2 cup of soy sauce (or sub tamari)

2 tablespoons of rice wine vinegar

2 tablespoons of toasted sesame oil

1 teaspoon of ground ginger

3 cloves of garlic, minced

1 pound of lean Ground Beef, 93% lean or leaner

3 cups of kale, chopped

1 cup of red cabbage, sliced

1 cup of carrots, shredded

optional: 1 teaspoon of sugar



\*highlighted ingredients can be bought at the market!



**URBANA'S**  
**MARKET AT**  
**THE SQUARE**

Watch us cook each recipe  
LIVE every Thursday at  
4:00pm on CiLiving!  
Tune in on Channel 3



## HOW TO: GROUND BEEF KALE STIRFRY

1. Cook rice as directed on package. OR if looking for a low carb option, pulse cauliflower in a food processor to create a rice like texture and cook on low heat with olive oil in a fry pan for 15 minutes.
2. In a small bowl, combine broth, soy sauce, vinegar, sesame oil, ginger, garlic and sugar (optional). Stir to combine.
3. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings.
4. Add stir-fry sauce to ground beef; cover and cook 4 to 6 minutes or until vegetables are crisp-tender, stirring occasionally. Serve vegetable mixture over rice or cauliflower.

### *why is it healthy?*

#### **KALE**

Kale is rich in vitamins. Including Folate, a B vitamin that's key for brain development. It also has more vitamin C than an orange!

#### **GROUND BEEF**

With 21g of protein per 100g serving, ground beef is a great source of B Vitamins and Iron rich protein.

#### **CAULIFLOWER**

Cauliflower is high in fiber, one cup has 3g of fiber and only 30 calories. It's also a great source of calcium, vitamin C, and vitamin A.

**This recipe is from Mom to Mom Nutrition**

Go to [momtomomnutrition.com](http://momtomomnutrition.com) to see more recipes!

<http://momtomomnutrition.com/food-and-recipes/ground-beef-and-kale-stir-fry/>

**FAST • HEALTHY • AFFORDABLE • SIMPLE**

**Design by Creative Health**  
[eatcreative.org](http://eatcreative.org)

