

Translated to "mixed rice," this traditional dish features stir-fried strips of Flank Steak alongside veggies and brown rice.



1 pound beef Flank Steak

6.  $\text{Fe}^{2+}$  and  $\text{Fe}^{3+}$  are both present in the solution.



28g

Protein

[illegible]



[illegible][illegible]

[illegible]



2 tablespoons minced green onions  
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2 tablespoons reduced-sodium soy sauce

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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 tablespoons sesame oil

[illegible]

[illegible]



[illegible]

[illegible]

2 teaspoons minced garlic

2 teaspoons minced garlic

2 teaspoons minced fresh ginger

[illegible]

[illegible]





[illegible]

[illegible]

[illegible]

Hot cooked brown rice

Korean red chili sauce (Gochujang) (optional)

[illegible]

[illegible]

Steamed broccoli florets, sautéed shitake mushrooms,

[illegible]





[illegible]

[illegible]



shredded carrots, fresh bean sprouts  
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## COOKING

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	66mg		31g	28g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



