

Steppin' Up Beef Fried Rice

In less than 30 minutes you can have a delicious meal that everyone in the family will love. Stir-Fry Ribeye Steaks and add it to traditional fried rice for a great weeknight meal.

INGREDIENTS

2 beef Ribeye Steaks Boneless, cut 3/4 inch steak (about 8 or 9 ounces each)

1 cup uncooked whole grain instant brown rice, plus ingredients to prepare

2 tablespoons soy sauce

1 teaspoon instant coffee powder

2 tablespoons vegetable oil, divided

1/2 cup chopped yellow onions

1/2 cup sliced green onions

1/2 cup thinly sliced cremini mushrooms

2 large eggs, beaten



30 Min

4
Servings

42 Cal

20g
Protein

COOKING

1. Prepare rice according to package directions. Set aside; keep warm.
2. Cut beef steaks crosswise into 1/8-inch thick strips, about 1-inch long; set aside.
3. Combine soy sauce and instant coffee in small bowl. Stir to dissolve coffee; set aside.
4. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add onions and mushrooms; stir-fry 1 to 2 minutes. Add eggs; cook 30 seconds to 1 minute or just until cooked through, stirring occasionally. Stir in cooked rice and soy sauce mixture; stir-fry 1 to 2 minutes or until heated through. Remove from skillet; keep warm.
5. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from pan. Repeat with remaining 2 teaspoons oil and beef. Return beef to skillet; stir in rice mixture. Cook and stir about 1 minute or until heated through.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		14g	137mg		21g	20g	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.

Courtesy of BeefItsWhatsForDinner.com