

Asian Skillet

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 4

- ½ pound lean ground meat
- 2 cups chopped vegetables (any mix of onion, celery, bell pepper, and carrots)
- 2½ cups water
- 1 cup dry white rice
- 2 tablespoons soy sauce
- 2 garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes
- 1 teaspoon fresh ginger, minced
- 3 cups chopped, raw vegetables (cabbage, broccoli, and zucchini)

Directions

1. Heat a large skillet over medium-high heat. Add the meat and cook until brown, breaking apart with a spoon.
2. Add the first group of vegetables and continue cooking 5 to 10 minutes. Drain any fat.
3. Add the water, rice, soy sauce, garlic, and seasonings. Bring to a boil. Reduce heat to medium low. Cover pan and cook 10 minutes.
4. Add the second group of raw vegetables. Continue to cook for 10 to 15 minutes, until rice is tender.



Nutrition Facts (Serving size 1½ cups): Calories–260; Protein–17g; Carbohydrate–45g; Total Fat–2.5g; Saturated Fat–1g; Cholesterol–30mg; Fiber–2g; Sodium–730mg; Vitamin C–100%; Vitamin A–120%; Iron–20%; Calcium–6%

Adapted from Skillet Meals: Quick & Easy One-dish Meals, Washington State University Extension (EM4712)

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Skillet Meal Substitutions

- Try substituting brown rice for white rice as a healthy alternative.
- Pre-soak 1 cup rice in the water listed in the recipe. Soak and keep refrigerated for 12 to 24 hours.
 - At Step 3, add the pre-soaked rice (with its water) in place of the dry rice and water.
 - After pre-soaking, cook time is the same as for white rice. For a gluten-free dish, substitute tamari sauce for soy sauce.

Food \$ense Tips

- Substitute 1½ cups of frozen or canned mixed vegetables for fresh.
- Skillet meals are an easy way to get dinner on the table. Add a glass of nonfat milk and a piece of fruit for dessert.

THRIFTY MAIN DISHES

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