

Beef & Garlic Noodles

Ingredients

- 1 yellow bell pepper
- 1 red bell pepper
- 2 cups broccoli florets (*buy pre cut to save time*)
- 1 pound lean ground beef
- 1 shallot, diced
- 2 green onions, chopped (*use the entire thing*)
- 3 cloves of minced garlic
- 8 oz brown rice noodles (*typically in the asian aisle at the grocery store*)
- 2 tsp honey
- 3 TBS low sodium soy sauce

Directions

1. Heat water, and cook rice noodles according to package instructions.
2. Heat 2 TBS olive oil over medium heat in a large skillet. Add green onions, shallot and garlic to the pan and cook for about 3 minutes. Stir frequently so you don't burn your garlic
3. Add ground beef to the skillet, and brown the meat. Add 2 TBS Worcestershire sauce to the skillet
4. While meat is cooking you can slice your bell pepper into thin strips.
5. When meat is done browning, add bell peppers and broccoli to the skillet. Cook for 5 minutes, stirring occasionally
6. Add cooked rice noodles to the skillet and add honey and soy sauce.
7. Mix together well, and enjoy!

MADE WITH LOVE

by Teresa Forehand