Louisiana Harvest of the Month

Beef and Veggie Stir Fry

Home Recipe

Serves: 4
Prep Time: 15 minutes
Cook Time: 20 minutes

Ingredients

- 1 Tbsp olive oil
- 1 lb. ground beef
- ½ medium red onion, chopped
- 3 cloves garlic, minced
- 2 cups zucchini, diced into ½-inch cubes
- 1 cup broccoli florets
- 1 red bell pepper, chopped
- 3 Tbsp soy sauce
- 1 Tbsp brown sugar
- ¼ tsp black pepper
- ¼ tsp crushed red pepper
- Fresh parsley, chopped (optional)

Nutrition Facts

4 Servings Per Container

Serving Size	**1 1/2 cups (282g)**
Amount Per Serving Calories	**320**
	% Daily Value *
Total Fat 19g	**24%**
Saturated Fat 7g	**33%**
Trans Fat 1g	
Cholesterol 70mg	**23%**
Sodium 420mg	**18%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 3g	**9%**
Total Sugars 9g	
Includes 3g Added Sugars	**6%**
Protein 25g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 1040mg	20%

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

Cooking Instructions

1) Heat oil in a large skillet over medium heat. Add ground beef. Cook for 8–10 minutes, stirring occasionally, until the beef begins to brown.
2) Stir in the chopped red onion and minced garlic. Continue cooking until the beef is no longer pink, about 3–4 minutes.
3) Stir in zucchini, broccoli florets, and chopped red bell pepper. Add soy sauce, brown sugar, black pepper, and crushed red pepper. Mix well. Cover and simmer over medium-low heat for 6–8 minutes, until the vegetables have softened and the sauce has slightly thickened.
4) Garnish with chopped fresh parsley, if desired. Serve hot with cooked rice or stir-fry noodles.

LSU AgCenter
Research · Extension · Teaching

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.

SEEDS to SUCCESS
THE LOUISIANA FARM TO SCHOOL PROGRAM