

# Asian Ground Beef and Pepper Saute

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1	cup	dry jasmine rice
2	cups	water
1	pound	lean ground beef
1	tablespoon	olive oil
1		red bell pepper - chopped
1		green bell pepper - chopped
1/4	cup	fresh parsley - chopped
2	cloves	garlic - thinly sliced
2	tablespoons	fresh ginger - minced
1/4	teaspoon	crushed red pepper
1/4	teaspoon	salt
1/4	teaspoon	ground black pepper
1/4	cup	beef stock
1	tablespoon	low sodium soy sauce
1	teaspoon	chile paste
1/2	teaspoon	worcestershire sauce

In a medium saucepan, bring the rice and water to a boil. Cover, reduce heat, and simmer 20 minutes.

In a skillet over medium heat, cook and stir the ground beef until evenly browned. Drain, and set aside.

Heat the olive oil in the skillet over medium heat. Stir in the red bell pepper, green bell pepper, parsley, garlic and ginger. Season with red pepper, salt and pepper. Cook and stir until tender.

Return beef to skillet. Mix in the beef stock, soy sauce, chile paste and worcestshire sauce. Cook and stir until thickened and heated through. Serve over cooked rice.