

Beef and Broccoli "rice" Bowl



Makes:

12 Servings

Utensil:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

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Recipe:

Contributed By:

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Recipe Description:

Broccoli "rice" is made by mincing broccoli, stem and all. It is available premade in many markets, but is so easy to make yourself. Use your Saladmaster machine to quickly process broccoli for a fresher and more economical choice. Using finely minced broccoli or cauliflower is a great way to add in more vegetables in place of grains. This one pot dish is perfect for a crowd and its gluten-free, grain-free and Paleo friendly.

2 lb
flank steak, or London broil, cut into small strips or thinly sliced
(1
kg)
2 tbsp
cumin powder
2 tbsp
chili powder
2 tsp
natural salt
1 tsp
pepper
1 large
red onion, strung, use Cone #2
2 tbsp
garlic, shredded, use Cone #1
2 each
peppers, red or green, diced
½ lb
cremini mushrooms, sliced, use Cone #4
(226
g)
2 large heads
broccoli, minced, strung, use Cone #2 (peel stems and process
separately)
Garnish chopped tomato, scallions, diced avocado, hot sauce or

your choice of toppings

Directions:

1. Preheat Grand Gourmet over medium heat for 7-9 minutes or until a sprinkle of water skitters and dissipates.
2. Season meat with cumin, chili powder, salt, pepper and smoked paprika, toss to combine.
3. Sauté ½ of seasoned meat for 3-5 minutes until browned, remove cooked meat and juices from pan and place in a clean bowl. Cook remaining meat in the same way.
4. Sauté onion, garlic and peppers for 2-3 minutes. Add mushrooms to pan and sauté for 2 minutes.
5. Add broccoli and cooked beef to pan, toss to combine with other vegetables and stir. Place lid on pan and when Vapo-Valve™ begins to click turn heat to low and cook for 2 minutes.
6. Remove lid and remove pan from heat, to prevent overcooking. Taste and add extra seasoning as needed.
7. Serve warm, as is or with choice of toppings.

Tips:

- For those who are not following a Paleo or grain free diet, serve with basmati rice or quinoa.

Nutritional Information per

▼ Serving

Calories: 157
Total Fat: 6g
Saturated Fat: 2g
Cholesterol: 45mg
Sodium: 78mg
Total 3g
Carbs:
Dietary Fiber: 1g
Sugar: 0g
Protein: 20g