

Quick & Healthy Grass-Fed Beef & Veggies Rice Bowl

Substitute shrimp, chicken, tempeh and/or any vegetables when making this quick dish! Grass-fed beef is a healthier option because studies suggest that grass-fed beef is lower in fat than grain-fed beef. It's more compassionate toward the animals and the planet, too!

Ingredients

3 tablespoons rice vinegar
1 1/2 tablespoons Organic Coconut Aminos
1 1/2 tablespoons Honey
1/3 pound grass-fed beef
1/4 pound green beans, trimmed
1 yellow bell pepper, cored, seeded and sliced
1/2 small yellow onion, sliced
1/4 small head red cabbage, cored and roughly chopped
1 1/2 cups cooked brown rice

Arrange rack about 6 inches from the heat source in your oven broiler; preheat.

Meanwhile, combine vinegar, soy sauce and honey to make sauce. Brush beef all over with 1/2 tablespoon of sauce and broil—watching closely to avoid burning—until medium-rare, 6 to 7 minutes; set aside. Arrange vegetables on a large sheet tray, toss with 1 1/2 tablespoons of sauce and broil, stirring halfway through and watching closely, until softened and just browned, about 5 minutes total. Transfer rice and vegetables to two large bowls. Thinly slice beef and arrange over the top, drizzled with remaining sauce.