

# BEEF AND BROCCOLI

## IN THE FREEZER:

- 1 lb stew meat
- 1 tbsp worcestershire sauce
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 2 12oz bags frozen broccoli florets
- 1 tbsp minced garlic

## NEEDED FOR SERVE DAY:

- 1.5 cups white rice
- soy sauce for serving

**PREP TIME:** 45-50 mins

**SERVES:** 4-6

## ON SERVE DAY...

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **375 degrees** for **45-50 minutes**.
5. Serve over white rice and drizzle with soy sauce.

**SIDE ITEM:** White rice