

Recipe:

RICE NOODLE W/ CHIPOTLE GROUND BEEF

Date:

Total Servings	Diet Type
10 - 12	↗ GENERAL ↗ GLUTEN-FREE <input type="radio"/> VEGAN <input type="radio"/> KETO ↗ OTHER - See below

Ingredients

Ground beef - 2 lbs.

Onion - 1 medium, diced

Fresh vegetables - 1 quart,
cut into bite sizes

Chipotle sauce - ½ cup

Rice noodles - 2 lbs.

Salt & Pepper to taste

Thyme, dry - 2 Tsp.

Paprika - 2 Tsp.

Garlic powder - 1 Tbsp.

Low-sodium or Gluten-free
soy sauce - ¼ cup

Preparations & Cooking

1. Prepare all the ingredients. Soak the noodles in water.

2. Brown the ground beef. Add the onions.

3. When beef is cooked, remove the extra grease out.

4. Season with thyme, paprika, garlic powder, salt and pepper.

5. Add all the fresh cut vegetables and stir.

6. Add the chipotle into the vegetables.

7. Add the rice noodles and soy sauce.

8. Mix well and cover until noodles are cooked.

9. Adjust the taste by adding any of the seasonings.

Dietary Recommendations:

* Use low-sodium soy sauce for NAS diet.

* Use gluten-free soy sauce for celiac diet.

* This recipe is also good for **Low-Carb** and **Dairy-free** diets.

Total Cost:

Prep Time:

Cook Time:

10 minutes

15 minutes