

Recipe:

RICE NOODLE W/ CHIPOTLE GROUND BEEF

Date:

Total Servings	Diet Type			
10 - 12	<input checked="" type="checkbox"/> GENERAL	<input checked="" type="checkbox"/> GLUTEN-FREE	<input type="checkbox"/> VEGAN	<input type="checkbox"/> KETO

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:

10 minutes

Cook Time:

15 minutes