

Broccoli Beef With Rice

Ingredients

- Stew Meat (Beef) cut into bite-sized pieces, 1/3 lb per person
- 2 medium onions chopped into large chunks
- One cup Teriyaki sauce
- ¼ cup water
- One large head of broccoli, or one small head of broccoli and one small head of cauliflower, cleaned and cut into serving-sized portions.
- One small box of minute rice.

Directions

Broccoli Beef:

Combine beef, onions, teriyaki sauce, and water in a 12 inch Dutch oven. Cook for 30 minutes or until meat is tender. Lay broccoli (and cauliflower) on top of the meat and cook for 10-15 more minutes. Recommended coal usage:

9 Coals under oven.

15 Coals over oven

Rice:

Cook rice as per package directions (in pot over stove) to make 4 (or 8) servings. Water takes 5-10 minutes to boil. Measure out and boil the correct amount of water and start boiling it early enough that the water will boil (5-10min) and the rice will cook (read the package) before the broccoli beef is done. Serve the broccoli beef over the rice.