

LUNCH MIX

Back when I was in relatively good shape (Hey! I'm still in shape now, but that shape is round! Ba-DUM-dum) I came up with a relatively structured meal plan of small meals based on stuff I could make and freeze ahead of time. Now it seems I only make large meals that take forever. This lunch mix was a key part. It won't win any culinary awards, but is simple to make and hits the spot

INGREDIENTS

Qty.	Unit	Item
1	1 lb pack	Ground Meat
1	16 oz pack	Mixed Frozen Vegetables
1	Cup	Uncooked Rice

I typically use ground turkey for this, but any lean ground meat should work

The "small" ground beef packages and the stores I usually frequent generally come in at about 1.3 lbs which is still fine for this application

SPECIAL TOOLS

- Rice Cooker [i]

PREPARATION

- 1) Cook the rice with your preferred method [ii, iii]
- 2) Brown the ground beef in a large pot on about mediumish
- 3) Drain off any excess liquid / fat. If you use lean ground meat, you can skip this step
- 4) Reduce heat to low
- 5) Mix in the frozen veggies and stir until evenly incorporated with the ground beef
- 6) Gently fold in the rice until evenly incorporated
- 7) Cover and let cook for about 15 minutes stirring occasionally
- 8) Remove heat and let sit covered for 10 minutes
- 9) Divvy out 1 cup portions of the mix into 1 ¼ cup Tupperware containers
- 10) If you have less than one cup leftover at the end, split between the remaining portions
- 11) This should make around 9 portions
- 12) Stick the containers in the freezer until needed
- 13) When ready to eat
 - a. uWave on high for 1 minute
 - b. Put in a bowl and stir
 - c. uWave on high 30 seconds at a time until heated to your desired temperature
- 14) Enjoy!!!

CLOSING THOUGHTS

- NONE!!!

NOTES

- i. If you don't have one, and you frequently, or even only occasionally, make rice
- ii. See "How to Cook White Rice"
- iii. My present preferred method is "Rice Cooker"

PICTURES

- NONE!!!