
Mango Beef and Rice

Ingredients:

| Amount (1, .50 , 8) | Unit (cup, Tbsp, g, ml) | Item (egg, chaya leaves, sugar) | Preparation (crushed, diced, whole) |
|-------------------------------|-----------------------------------|---|---|
| 1 | pound | sirloin steak | partially frozen sliced ¼" thick |
| 1 | | green pepper | cut into strips |
| 1 | medium | onion | chopped |
| 2 | tbsp | vegetable oil | |
| ¼ | cup | soy sauce | |
| 1 | cup | uncooked rice | |
| 1 | | ripe mango | peeled and sliced |
| ½ | cup | almonds | toasted |
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Recipe Instructions:

1. Sauté meat, green pepper and onion in oil in large skillet over medium high heat until meat is browned, stirring often.
2. Add 2 cups water, soy sauce and rice, bring to boil and stir well.
3. Arrange mango slices over the top of the rice mixture.
4. Cover, reduce heat, and simmer 20 minutes or until rice is tender.
5. Sprinkle with almonds and serve.

Recipe Notes :4 Servings

<http://edn.link/nfwntc>