



Beef & peppers over rice

Sliced beef and roasted peppers over WG rice topped with beef gravy

SERVINGS: 1

Ingredients	Amount	Amount
Advance Pierre® Sliced Beef #68249	2.8 oz	½ cup
Yellow peppers (1/2x1/2 inch cut)	1oz	1/3 cup
Red peppers (1/2x1/2 inch cut)	1oz	1/3 cup
Green peppers (1/2x1/2 inch cut)	1oz	1/3 cup
WG Rice	3.5oz	¾ cup
Brown gravy	3.5oz	½ cup

DIRECTIONS:

1. Roast cut peppers in oven for 5 minutes in oven at 350
2. Stovetop: Do not remove Sliced beef product from bag. In a 20-quart pot, heat 10 quarts of water and bring to a boil. From frozen state, submerge product and heat for 60 minutes or until internal temperature reaches 145 degrees F. Let product stand for 3 minutes before opening bag.
3. Place meat and peppers atop rice and finish with brown gravy

TYSON® PRODUCTS USED:

Advance Pierre® Sliced Beef #68249

SKU Number: 68249

CN Portion	2.50 oz.
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00

Calories	150
Total Fat (g)	11.00
Saturated Fat (g)	4.50
Sodium (mg)	230
Carbs (g)	4
Protein (g)	11

