

## Beef & Broccoli Rice Bowl



### Ingredients

1 lb. beef, extra lean

Black pepper to taste

¼ cup Poblano pepper, diced

4 Azteca Salad Shells -baked

¼ cup green onion, sliced

¼ cup yellow onion, diced

1 cup broccoli

½ cup Asian teriyaki sauce

2 cups of cook white rice

### Directions

In a sauté pan over medium-high heat, add the beef, onion, black pepper, broccoli, and poblano pepper. Cook, stirring occasionally, until the beef is browned and cooked through and the vegetables are soft. Add the teriyaki sauce and stir well to combine. Reserve warm for assembly. To assemble: In each baked salad shell place 1/2 cup of rice. Top ½ cup teriyaki beef and vegetable mixture and 1 tbsp. green onions. Makes 4 servings.