

Teriyaki Beef and Broccoli

1 lb hamburger

1 onion diced

1 bag frozen chopped broccoli

1 cup rice.

Teriyaki Sauce

¼ cup soy sauce

1 cup water

½ teaspoon ground ginger

¼ teaspoon garlic powder

5 Tablespoon packed brown sugar

2 Tablespoon honey

2 Tablespoon cornstarch

¼ cup cold water



Directions to make ahead for a simple meal

Mix all sauce ingredients but cornstarch and ¼ cup water in a sauce pan and heat to simmer.

Mix cornstarch and water stir into sauce. Heat until thick. Set aside

Brown hamburger and onion. Drain hamburger stir in teriyaki sauce and freeze.

When ready to use heat hamburger mixture. Cook rice and broccoli. Stir together and serve.

Directions to make when eating

Mix all sauce ingredients but cornstarch and ¼ cup water in a sauce pan and heat to simmer.

Mix cornstarch and water stir into sauce. Heat until thick. Set aside

Cook rice in a rice cooker.

Brown hamburger and onion. Drain hamburger stir in teriyaki sauce.

Meanwhile cook broccoli and drain

Brown hamburger and onion. Drain off any excess fat and stir in Teriyaki marinade.

Stir rice and broccoli into the hamburger mixture