



RECIPE OF THE WEEK

BEEF WITH WILD RICE, MUSHROOMS AND PEAS

1 lb. lean roast beef, cooked, cut into bite size pieces	1 cup onion, chopped
12 medium fresh mushrooms, quartered	3 cloves garlic, chopped
2 cups wild rice	2 cans low sodium beef broth (soup size)
1 lb pkg frozen peas	2 cups water
½ teaspoon pepper	2 Tablespoons dried parsley

1. In a pot with a tight fitting lid, sauté onions and garlic until tender.
2. Add the remaining ingredients and bring to a boil.
3. Cover and simmer until rice is tender, about 30 minutes.

NUTRITION FACTS:

Calories: 375

Protein: 34 grams

Total Fat: 5 grams

Total Carbohydrates: 51.4 grams

Makes 6 servings

FOOD FOR THOUGHT: INSTEAD OF GIVING YOURSELF REASONS WHY YOU CAN'T, GIVE YOURSELF REASONS WHY YOU CAN. - Anonymous