

Broccoli, Cauliflower, and Carrot Mix-up

This has been on our menu for the last couple of weeks and everyone from Grandpa on down to Edith enjoys it.

Cook enough rice to feed your family. Cut bite size chunks of cauliflower, broccoli, and carrots. Steam until tender crisp (not mushy). Mince garlic and ginger (the amount is up to you). Cook ground beef, pork, or italian sausage and towards the end add the garlic and ginger (and possibly some jalapeno or hot pepper flakes if you like heat) stirring constantly to prevent burning. Add the steamed veggies and a couple tablespoons of apple cider vinegar and continue to stir until everything is cooked. Serve over rice. We like to add kim-chi or sauerkraut too.