

## RECIPE

# Beef & Vegetable Hot Pot

SERVES: 2

**THIS IS ONE OF THOSE STRAIGHTFORWARD, GROUNDING MEALS THAT FEELS LIKE REAL LIFE IN A BOWL.** Tender beef, slow-simmered vegetables, and a savory broth come together in a way that is nourishing without being complicated, the kind of recipe that works on a weeknight but still feels intentional.

## INGREDIENTS

- 4 cups low-sodium beef broth
- 2 tsp low-sodium soy sauce
- 5 slices peeled fresh ginger
- 1 cup sliced shiitake mushroom caps
- 3 cups chopped bok choy
- ½ cup shelled edamame
- ½ small red bell pepper, thinly sliced
- 6 oz lean sirloin steak, very thinly sliced
- 6 oz firm tofu, sliced
- 3 cups fresh baby spinach
- 1 cup cooked brown rice



## INSTRUCTIONS

- 1 **BRING** broth, soy sauce, and ginger to a boil in a large saucepan over medium-high heat.
- 2 **ADD** mushrooms, bok choy, edamame, and bell pepper.
- 3 **COOK** until crisp-tender, 2-3 minutes.
- 4 **ADD** steak, tofu, and spinach.
- 5 **COOK** until beef is just done and spinach wilts, 1 to 2 minutes.
- 6 **SERVE** with rice.

## NUTRITIONAL INFO PER SERVING

CALORIES

450

PROTEIN

40g

FIBER

6g