

Bok Choy or Kale with Baucoms Best Beef and Rice

This is a very simple dish that is good and good for you. In the spring and fall you can buy most of the ingredients at the farmers market. It is a great way to introduce new vegetables to your family.

2-3 bunches of bok choy or 1 large bunch of kale (Baby bok choy is fine also),
coarsely chopped

1 large onion, sliced

2-3 tablespoons olive oil

2-3 cloves of garlic, minced

2 lbs of ground beef

3-4 Tbsp Worcestershire sauce

2 cups brown rice, cooked

Slice onions and sauté' in a small amount of olive oil. Add garlic and cook 2-3 minutes more. Stir in ground beef. Cook until browned. Add chopped bok choy or kale and Worcestershire sauce plus 1 cup of water. Cover and simmer until bok choy or kale is tender. Serve over cooked rice. - *Bernadette Franco*