

# Garlic Tomato Beef Rice Bowl

Prep Time: 15 minutes | Cook Time: 30 minutes

Servings: 4 servings

## Ingredients:

- 1 lb beef, thinly sliced
- 2 medium tomatoes, diced
- 3 cloves garlic, minced
- 2 cups uncooked rice

## Instructions:

1. Cook the rice according to package instructions and set aside.
2. In a large pan over medium-high heat, sauté the minced garlic in a small amount of oil until fragrant.
3. Add the sliced beef to the pan and cook until browned, about 5-7 minutes.
4. Add the diced tomatoes to the pan and stir well.
5. Reduce the heat to medium and let the mixture simmer for 15-20 minutes, stirring occasionally.
6. Serve the beef and tomato mixture over the cooked rice.

## Nutritional Information (per serving):

Calories: 600 kcal (approx) | Protein: 25 g (approx)

Carbs: 90 g (approx) | Fat: 15 g (approx)