

### Time

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Serves 4 to 5 people

### Ingredients:

- 3-6 cups of cooked rice (1-2 cups uncooked)
- Seasonings of choice (I like salt, pepper, onion powder, and garlic salt)
- 1 onion
- a handful of mushrooms
- 1/2 cup of beef (optional)
- 1 head of broccoli
- Broth for boiling the beef
- 2 teaspoons of oil
- 1 cup of shrimp, boiled (optional)
- I sometimes add carrots; you can add any vegetable that is more solid and less watery because the heat drains a lot of the water in the vegetables and you don't want anything to get too soggy (ex: beans would probably work, tomatoes probably won't).

### Directions

1. If you don't have cooked rice in your fridge, start by cooking the rice, since it takes the longest to make. You can boil it in a pot or use a rice cooker.
2. Chop your onions, mushrooms, beef, and broccoli into bite-sized (or desired) pieces.
3. Separately boil the beef, about 12 to 15 minutes. Add about 1/3 of the chopped onions and some of the seasoning to the broth.
4. Add the oil to the saucepan and wait for it to heat up.
5. Once the oil is hot, add the onions and about a teaspoon each of salt, pepper, and any other spices (you can vary these amounts based on personal preference). Stir well.
6. Let the onions simmer in the oil for about 1 minute. Then add the mushrooms and stir well.
7. After the mushrooms and onions are fully coated in the sauce, add the broccoli. Using two wooden spoons (or any two large utensils) to "toss" the mixture like a salad helps to incorporate all of the ingredients.
8. By this point, the beef should be cooked. Add it into the pan with the vegetables.  
Optional: Use some of the broth from the beef to further flavor the broccoli.
9. Add the shrimp, and toss all of the ingredients well.
10. Taste, and add more salt and/or pepper accordingly.
11. Serve over the rice.