

# BEEF TIPS OVER BROWN RICE

This dish offers the deep, savory flavor of slow-cooked beef without the multi-hour simmer time. The tender beef tips are paired with a rich, savory gravy and served over a bed of wholesome brown rice. The use of brown rice adds a subtle nuttiness and increased fiber, making this a familiar “comfort food” entree that supports nutritional wellness goals.

## Ingredients:

- 4 oz. Sandridge Beef Tips (GFS #471245)
- 12 oz. Gordon Choice Fully Cooked Brown Rice (GFS #452446)



**Tastefully Balanced Nutritional Info**  
750mg Sodium or less | 15g protein or more

## Nutritional Highlights (per 2 oz. beef/8 oz. rice serving)

This profile is exceptionally well-suited for cardiac and renal diets within a healthcare setting:

- **Low Sodium:** Containing only **270mg (11% DV)**, this is an excellent choice for sodium-restricted meal plans.
- **Fiber-Forward:** Provides **4g of dietary fiber**, largely from the whole-grain brown rice.
- **Zero Sugars:** A clean nutritional label with **0g of total and added sugars**.
- **Essential Minerals:** A reliable source of both **potassium (10% DV)** and **iron (10% DV)**.



Product	Description	Code #	Pack Size
 <b>Sandridge®</b> Beef Tips with Gravy	Our Diced Choice Beef Tips & Gravy deliver tender, bite-sized beef simmered in a rich, savory gravy – ready in mere minutes! 	471245	4/5 lb.
 <b>Gordon Choice®</b> Cooked Brown Rice	This brown rice delivers restaurant-quality texture and flavor with minimal effort. Made with just water, long-grain brown rice, and a touch of canola oil; it's a blank canvas for your culinary creativity.  	452446	2/4 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

