

Korean Beef Lettuce Cups



THINK**BEEF**.CA

Korean Beef Lettuce Cups

2 cloves garlic, minced
½ sweet red pepper, diced
1 lb (500 g) **Lean Ground Beef**
1 tsp minced gingerroot
¼ cup soy sauce
1 tbsp Asian chili sauce
1 tsp sesame oil
Bibb lettuce leaves
Fresh lime wedges
Shredded carrot and cucumber
Chopped cilantro or mint or chopped green onion
Hoisin sauce

Cook garlic, diced pepper, ground beef and gingerroot in large skillet using medium heat, stirring occasionally for 8 to 10 minutes until beef is browned and completely cooked. Drain if necessary.

Add soy sauce, chili sauce and sesame oil; reduce heat to medium-low and simmer 3 to 4 minutes.

Transfer to warm platter. At the table let each person spoon some filling into lettuce leaves. Top with squeeze of lime juice and serve with toppings such as shredded carrot, cucumber, chopped cilantro or mint. Roll up with your hands to eat.

Per serving: 179 Calories, 16 g protein, 11 g fat, 3 g carbohydrate.
Source of iron (13% DV) and excellent source of zinc (40% DV), 31% DV Sodium.