



Asian Beef Lettuce Wraps

If you are looking for a new way to do beef, give this a try. Busting with delicious flavor, these lettuce wraps are not only high in protein, they also are great for entertaining, everyday meals or even appetizers.

Prep Time: 10 minutes

Cook Time: 15 minutes

Ready In: 25 minutes

Serving Size: 4 servings

Ingredients

- ✓ 1 pound of lean ground beef
- ✓ 8 leaves of lettuce, butter leaves recommended
- ✓ 1 green bell pepper, chopped
- ✓ ½ large onion, chopped
- ✓ ¼ cup hoisin sauce
- ✓ 2 cloves fresh garlic minced
- ✓ 1 tablespoon soy sauce
- ✓ 1 tablespoon rice wine vinegar
- ✓ 1 bunch of chives, chopped
- ✓ 2 teaspoons Asian (dark) sesame oil
- ✓ 2 teaspoons minced fresh ginger

Directions

1. Heat a large skillet over medium-high heat. Cook and stir beef and 1 clove of minced garlic until brown and crumbly, 5 to 7 minutes.
2. Meanwhile rinse whole lettuce leaves and pat, try not to tear the leaves, then set aside.
3. Once meat is cooked transfer to a medium bowl. Use same skillet to now cook onions and peppers until slightly tender, about 5 to 10 minutes.
4. Then stir in hoisin sauce, rest of garlic, soy sauce, vinegar, ginger and chives into the skillet.
5. Finally add the meat back to the skillet along with sesame oil and mix thoroughly, cooking for only 2 more minutes.
6. Arrange lettuce leaves around plates and fill with meat mixture in the center, then roll up or simply serve.

Nutrition

Amount per serving

- ❖ Calories: 388
- ❖ Total Fat: 22 g
- ❖ Total Carbs: 24 g
- ❖ Protein: 23 g
- ❖ Cholesterol: 69 mg
- ❖ Sodium: 580 mg