

Asian Beef Lettuce Wraps

Yield: 4 servings (3 wraps per serving)

Ingredients:

12 leaves lettuce (iceberg, romaine, Boston or green leaf)
1 tablespoon vegetable oil
1 red bell pepper, seeded and diced
1 yellow onion, diced
1 lb. ground beef
1/4 tsp. each salt and pepper
2 garlic cloves, minced
1 tablespoon soy sauce
1/4 cup hoisin sauce
1-2 Tbsp. chili sauce (such as Sambal Oelek*)
1 teaspoon ground ginger
1 tablespoon rice wine vinegar
1/2 Tablespoon honey
4 green onions, chopped



* This is a thick red paste with medium-high spice, made from red chilies, vinegar and salt. It can be found in the Asian or ethnic sections of most grocery stores.

Directions:

Gently rinse lettuce leaves and pat dry, careful not to tear them. Set aside.

In a large nonstick skillet, heat oil over high heat. Add bell pepper and onion, cook 3 minutes. Add ground beef and cook 5 minutes, breaking up with a wooden spoon. Drain grease and return pan to stovetop; reduce heat to medium. Season with salt and pepper. Stir in garlic, soy sauce, hoisin and chili sauces, ginger, rice wine vinegar and honey. Cook until sauce has thickened, 3-4 minutes. Stir in green onions.

Spoon meat mixture into a medium bowl and place on a large serving platter. Arrange lettuce leaves around the bowl and serve.

Nutrition

Calories	245
Total Fat	8.8g
Sat. Fat	3.2 g
Chol	65.5mg
Carb	16.9g
Fiber	3.3g
Protein	26.5g