

GROUND BEEF ASIAN LETTUCE WRAPS

also makes a great Stir-Fry noodle dish!

Serves 4

For Lettuce Wraps:

- 1 pound ground beef
- 1 T olive oil
- ½ onion, chopped
- 1 cup fresh mushrooms, chopped
- 1 T minced garlic
- 1 T soy sauce
- 2 T hoisin sauce
- 1 tsp ginger
- 1 T rice vinegar
- 1 T hot chili sauce (sriracha sauce)
- 2 tsp sesame oil

For Stir Fry:

- 1 package of Shirataki Yam Noodles
- 2 cups cabbage, shredded or chopped



Instructions:

Brown the ground beef in a large skillet using the olive oil. Once mostly cooked, add the onion, garlic and mushrooms. Once softened, add the remaining ingredients. Serve wrapped in lettuce leaves or atop a salad.

To make a Stir-Fry.....

I like to also add fennel to the above recipe, slicing it thinly and adding it when I add the onion. Once the dish is complete, I add the shirataki noodles and mix well and let it sit overnight in the fridge. The next day, just before serving, I saute the cabbage and add the noodle & meat mixture to the skillet to warm through. YUMMY!

Nutrition Facts	
Serving Size 320 g	
Amount Per Serving	
Calories 316	Calories from Fat 118
% Daily Value*	
Total Fat 13.1g	20%
Saturated Fat 3.6g	18%
Cholesterol 101mg	34%
Sodium 533mg	22%
Total Carbohydrates 10.8g	4%
Dietary Fiber 1.6g	7%
Sugars 4.3g	
Protein 36.3g	
Vitamin A 1%	Vitamin C 29%
Calcium 4%	Iron 24%
Nutrition Grade B+	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very high in selenium
- High in vitamin B12
- High in zinc

Bad points

- High in cholesterol