

# Spicy Beef and Lettuce Wraps

## Ingredients:

1 pound 95 percent lean ground beef  
1/2 cup chopped onion  
2 teaspoons minced garlic  
1 teaspoon fresh ginger, peeled and minced  
1 Tablespoon sesame oil  
2 Tablespoons low-sodium soy sauce  
1 Tablespoon hot water  
1/2 teaspoon honey  
1 Tablespoon low-sodium hot chili sauce  
1 1/2 Tablespoons fresh lime juice

## Serve with:

3 green onions, chopped  
1/4 cup unsalted dry-roasted peanuts, chopped  
1/4 cup fresh cilantro, chopped  
8 large Romaine leaves

## Instructions:

In a large skillet, cook ground beef and onions over medium heat until meat is almost cooked through and onions are soft.

Add garlic and ginger and cook until meat is no longer pink and garlic and ginger are fragrant.

In a small bowl, mix together sesame oil, soy sauce, water, honey and hot chili sauce. Pour over beef and stir to coat. Cook until slightly thickened.

Remove from heat and stir in lime juice. Cool slightly and spoon into freezer bag.

Do not freeze green onion, peanuts, cilantro or lettuce.

When ready to serve, reheat until meat reaches 165 degrees F. Serve in romaine lettuce leaves and top with onions, peanuts and cilantro.

Makes 4 servings



## Nutrition Information

	Per Serving
Calories	279
Fat	14 g
Saturated fat	4 g
Cholesterol	70 mg
Protein	27 g
Carbohydrates	11 g
Fiber	2 g
Sodium	70 mg

