

GREEN BEANS AND WON BOK STIR-FRY

INGREDIENTS

- 1 (12 ounce package) **fresh green beans**
- 1 small head **won bok cabbage** (about ½ pound)
- 1 pound **lean beef**

Sauce:

- 2 cloves **garlic**
- 1 (2 inch) piece **ginger**
- 3 tablespoons **less sodium soy sauce**
- 1 teaspoon **cornstarch**
- ¾ teaspoon **sugar**

DIRECTIONS

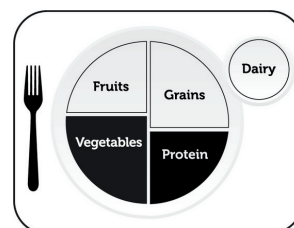
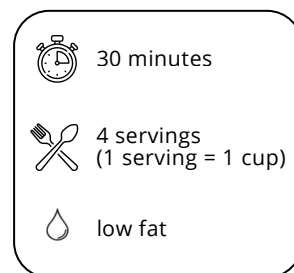
Always practice food safety when cooking.

- 1) Cut green beans into 2 inch lengths. Set aside.
- 2) Chop won bok into ½ inch slices. Set aside.
- 3) Crush garlic. Set aside.
- 4) Crush ginger.
- 5) In a medium bowl, combine sauce ingredients: garlic, ginger, soy sauce, cornstarch, and sugar. Stir together. Set aside.
- 6) Slice beef into thin strips.
- 7) Add beef to sauce mixture and stir to coat meat. Cover and marinate in refrigerator for about 15 minutes.
- 8) In a large pan on medium heat, stir-fry beef with marinade sauce for a few minutes.
- 9) Add green beans and stir-fry until the beans are tender but not limp.
- 10) Add won bok and stir-fry just until it starts to get tender. Overcooking will create too much liquid from the cabbage.

NOTES

The following sauce variations may be added to the stir-fry while cooking:

- **Adobo:** 1 clove garlic (minced), ¼ cup white vinegar, ¼ teaspoon black pepper, 2 tablespoons less sodium soy sauce, ¼ teaspoon salt, 1 bay leaf
- **Kalbi:** ¼ cup less sodium soy sauce, 1 tablespoon honey*, 1 tablespoon sugar, 1 teaspoon roasted and ground sesame seeds, 1 teaspoon sesame oil, 1 clove garlic (minced), 1 tablespoon green onions (minced)
*Honey is not recommended for children under 12 months old.
- **Hot Garlic:** ¼ teaspoon dried red chili pepper flakes, 2 teaspoons ginger (minced), 2 cloves garlic (minced), 2 teaspoons sugar, 2 teaspoons cornstarch, 1 tablespoon white vinegar, ¼ cup water
- **Oyster Sauce:** 1 clove garlic (minced), 2 tablespoons green onions (minced), 1 tablespoon cornstarch, 1 tablespoon sugar, 1 teaspoon less sodium soy sauce, ¼ cup oyster sauce



| Nutrition Facts | |
|-------------------------------|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (270g) |
| Amount per serving | |
| Calories | 250 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 95mg | 32% |
| Sodium 750mg | 33% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 2g Added Sugars | 4% |
| Protein 38g | |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 5mg | 30% |
| Potassium 618mg | 15% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.