

Beef and Bean Stir-Fry

Recipe By JASMIN QUEEN

SERVES: 4



INGREDIENTS:

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| <input type="checkbox"/> 1 tbsp. garlic, <i>minced</i> | <input type="checkbox"/> ¼ cup cashews |
| <input type="checkbox"/> 1 lb. ground beef | <input type="checkbox"/> 2 tbsp. soy sauce |
| <input type="checkbox"/> 1 cup pineapple juice | <input type="checkbox"/> 2 tbsp. fish sauce |
| <input type="checkbox"/> 2 tbsp. Asian seasoning | <input type="checkbox"/> 2 tbsp. lemon juice (<i>or lime juice</i>) |
| <input type="checkbox"/> 1 tbsp. oyster sauce | <input type="checkbox"/> ½ cup cilantro, <i>chopped</i> |
| <input type="checkbox"/> 2 tsp. sugar in the raw | <input type="checkbox"/> ¼ cup mint leaves, <i>chopped</i> |
| <input type="checkbox"/> 1 cup green beans | <input type="checkbox"/> ¼ cup jalapeño, <i>chopped</i> |
| | <input type="checkbox"/> ½ cup red bell pepper, <i>chopped</i> |

DIRECTIONS:

- ☐ 1. In a large wok or skillet, brown beef.
- ☐ 2. Add garlic, Asian seasoning, pineapple juice, oyster sauce, sugar, soy sauce, lemon or lime juice, and fish sauce. Simmer for 10 minutes or until the liquid reduces.
- ☐ 3. Add green beans, jalapeño, and red bell pepper; sauté for 3 minutes, or until the vegetables are tender but still crisp.
- ☐ 4. Add cashews, cilantro, and mint. Sauté for 1 minute.
- ☐ 5. Transfer to a serving dish and enjoy.

Pair with your favorite rice for a delicious meal.

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