

SPY THAI BEEF



Follow along with Chopped Junior Champion Sabrina Swee's cooking video at sdbeef.org/recipes



TOTAL RECIPE TIME: 30-35 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef
(93% lean or leaner)



1/4 cup water



3 tablespoons
reduced-fat creamy
peanut butter or
regular sunflower
seed butter



2 tablespoons
reduced-sodium
soy sauce



2 tablespoons
fresh lime juice



3/4 teaspoon
garlic powder



3/4 teaspoon
ground ginger



1/8 to 1/4
teaspoon crushed
red pepper



Baked wonton
wrappers
(optional)

SPY THAI BEEF

TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Meanwhile, combine water, peanut butter, soy sauce, lime juice, garlic powder, ground ginger and red pepper.
3. Stir peanut butter mixture into beef. Continue to cook over medium heat 2 to 3 minutes or until heated through, stirring occasionally.
4. Evenly divided beef mixture over six wonton triangles, if desired. Garnish with toppings, as desired.

Toppings (optional):

Red bell pepper strips, shredded carrots, cucumber slices, sliced green onion, sliced fresh pea pods, sliced basil or cilantro leaves, shelled edamame, pickled ginger, lime wedges

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com