

**SPY THAI BEEF**

*Recipe and photo from beefitswhatsfordinner.com*

**Grocery List**

1 pound lean Ground Beef (93% or leaner)

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

2 tablespoons reduced-sodium soy sauce

2 tablespoons fresh lime juice

¾ teaspoon garlic powder

¾ teaspoon ground ginger

¼ teaspoon crushed red pepper

16 baked wonton wrappers or 4 servings of cooked wholegrain spaghetti

Toppings (optional choices):

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

**Equipment List**

1-2 large cutting boards

1 paring knife or chef knife for veggies

1 large saucepan

1 meat thermometer

1 large plastic spoon or wooden spoon

1 sheet pan (wontons)

1 medium clear mixing bowl

1 spoon

1 small whisk

1 clear liquid measuring cup (water)

6 tiny clear glass bowls (ingredients)

3-5 medium clear bowls (veggie topping options)

1 pair of tongs (serving veggie toppings)

1 white dinner plate (presenting the entrée)

**SPY THAI BEEF**

Total Recipe Time: 30 to 35 minutes

Makes 4 servings

**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 tablespoon 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)

\*Hot cooked whole wheat spaghetti can be substituted for baked wonton wrappers.

*To make baked wonton wrappers, preheat oven to 350°F. Cut 16 wonton wrappers diagonally in half. Place in single layer on baking sheet; bake 10 to 12 minutes or until golden brown and crisp. Remove pan to cooling rack; cool completely. Store in air tight container.*

**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

**INSTRUCTIONS FOR SPY THAI BEEF**

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.

***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.

**Key Messages**

• The Spy Thai Beef is a fun, nutritious and delicious recipe to help kid get excited about cooking! Nutrient-rich foods, like lean beef, carrots, bright colored peppers and sugar snap peas will help keep the kiddos going strong!

• The Spy Tai Beef uses 93% lean ground beef. Did you know that 93% or leaner ground beef has about 150 calories per serving, fewer than 10 grams of fat, but supplies 10 essential nutrients that our body needs like protein, iron and zinc.

• Creating an assortment of veggie toppings is fun and creative way to entertain or get the kids involved in this healthy meal!

**Nutrition Talking Points**

• Beef is power-packed with 10 essential nutrients that fuel healthy, active lifestyles.

• This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron and choline.

• Pairing lean beef with delicious veggies and whole grains provides a well-balanced meal that your family will love.

• Eating nutrient-rich foods, like colorful fruits and vegetables, low-fat dairy, whole grains and lean beef, helps you get more essential nutrients from fewer calories.

• Eating nutrient-rich foods satisfies your body, helping you feel full longer while providing much needed nutrients.

**Recipe Talking Points**

• This recipe is a great combination of simple, fresh and flavorful ingredinets. Peanut butter, soy sauce, ginger and garlic introduce ethnic flavors to picky palates.

• To make baked wonton wrappers, preheat oven to 350°F. Cut 16 wonton wrappers diagonally in half. Place in single layer on baking sheet; bake 10 to 12 minutes or until golden brown and crisp. Remove pan to cooling rack; cool completely. Store in air tight container.

• Hot cooked whole wheat spaghetti can be substituted for baked wonton wrappers.

• 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.

• Use fresh, seasonal ingredinets such as 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

**NUTRITIONAL INFORMATION FOR SPY THAI BEEF**

**Nutrition information per serving:** 259 calories; 13 g fat (4 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 455 mg sodium; 7 g carbohydrate; 0.9 g fiber; 28 g protein; 8.0 mg niacin; 0.4 mg vitamin B6; 2.3 mcg vitamin B12; 3.1 mg iron; 18.4 mcg selenium; 6.3 mg zinc; 79.6 mg choline.

*This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron and choline.*

**Nutrition information per serving, using 6 baked wonton triangles:** 429 calories; 13 g fat (4 g saturated fat; 3 g monounsaturated fat); 86 mg cholesterol; 865 mg sodium; 43 g carbohydrate; 1.9 g fiber; 35 g protein; 8.0 mg niacin; 0.4 mg vitamin B6; 2.3 mcg vitamin B12; 4.9 mg iron; 18.4 mcg selenium; 6.3 mg zinc; 79.6 mg choline.

*This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of choline.*