

Asian Lettuce Wraps

Brandee Knowles - lifewithsally.com

Ingredients

1 - 2 Heads of Bib lettuce -
1 lb. of ground turkey (can use ground chicken)
1 T oil
1 small onion, chopped
1 shallot, chopped
8 oz. fresh mushrooms - chopped
1/2 cup shredded carrots (optional)
2 T garlic - minced
2 tsp ginger - grated
1 T Tamari / soy sauce
1/4 cup Hoisin sauce
1 T rice wine vinegar
2 tsp sesame oil
2 tsp Asian chili sauce
1 - 8 oz can of water chestnuts - drained & chopped
1 bunch green onions - sliced
1 cup of cilantro - rinsed and chopped (optional)

Instructions

In a small bowl, combine ginger, soy sauce, hoisin sauce, rice wine vinegar, chili sauce, and sesame oil. Whisk until combined. Taste and adjust flavor if needed. Set aside.

Heat a large skillet over medium heat. Add ground meat. While cooking break meat into small bite size pieces until cooked through. Remove meat from heat and drain off any fat in a colander and set aside.

Place skillet back onto medium heat and add oil. Add the chopped onion to the skillet and sauté for about 2 minutes, then add mushrooms. Stir and sauté for several minutes. Add garlic , carrots, and water chestnuts. Place the meat back into the skillet and stir to combine all ingredients.

Pour sauce into the skillet and stir to cover all the ingredients with sauce. Taste meat and make any final adjustments you may desire.

Pour meat into a large bowl and top with green onion and cilantro. Serve alongside bib lettuce leaves.

*This is a great recipe to double or triple for the freezer or even later in the week! Store in an airtight container or Freezer Ziplock bag (air removed as much as possible). Lasts for 5 days in refrigerator and up to 3 months in Freezer.

*The Sweet and Spicy Dipping Sauce recipe from the Spring Rolls go great with these Asian Wraps!