



Chinese Green Beans and Turkey

A quick, delicious, light dinner.

Ingredients:

1 TBL sesame oil

1 small bunch scallions, whites and greens separated and sliced

2 cloves garlic, minced

1 TBL ginger, minced

2-3 tsp Chinese Five Spice

1 LB ground turkey, browned in a pan with some oil

2 TBL hoisin sauce

3 TBL soy sauce

1 TBL rice vinegar

1 TBL fresh green beans, washed and trimmed

Spices Used: Chinese Five Spice

Instructions:

1 - In a large pan or wok over medium-high heat, add sesame oil

2 - Add white parts of scallions and cook for 1 minute.

3 - Add garlic and ginger. Cook for 1 minute.

4 - Add Chinese Five Spice. Cook for 1 minute.

5 - Add browned turkey and cook for 3 minutes.

6 - Add hoisin, soy sauce and rice vinegar.

7 - Add green beans. Mix together. Cover and let green beans steam until done (7-9 minutes).

8 - Serve with rice or noodles. Garnish with green part of scallions.