



RECIPE OF THE WEEK

You're going to savor this quick and easy Asian Pork & Green Bean Stir Fry recipe. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this fragrantly delicious and nutritious meal is a crowd pleaser.

ASIAN PORK & GREEN BEAN STIR FRY (SERVE WITH RICE)



Nutritional Facts:

Pork is a great source of protein, and is rich in iron, zinc, thiamine, vitamins B12 and B6, niacin and phosphorus. While green beans, onion, ginger, and chili together are high in fiber; folate, iron, calcium, potassium; antioxidants; magnesium; and vitamins C and B6. Rice is also a good source of fiber and Bread has a high amount of iron, fiber and B vitamins, as well as protein, calcium, thiamine, manganese and zinc. Rice is also a good source of carbohydrates which is needed to replenish muscle glycogen after physical exertion. Cauliflower rice is high in dietary fiber, vitamins C, B6 and K, as well as minerals.

All this helps digestive and heart health; blood pressure, and cholesterol levels, reduces inflammation; boosts immunity and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

Ingredients (Serves 4):


| | |
|--|--|
| <p>10 oz green beans, ends trimmed 7 oz pork mince ½ small onion, finely chopped (about ½ cup) 2 teaspoons ginger finely chopped. 2 ½ tablespoons peanuts oil (vegetable or canola) 1 sliced fresh chili and or cucumber to serve. Steamed or cauliflower rice</p> | <p>Sauce 1 tablespoon soy sauce 1 tablespoon vinegar 1teaspoon honey 1 ½ teaspoons chili garlic sauce</p> |
|--|--|


Instructions

1. Mix Sauce ingredients in a bowl.
2. Heat 1 1/2 tbsp oil in a skillet over high heat. Chop green beans into small pieces, add to skillet and stir for about 2 minutes, until beans are charred but tender crisp. Remove into bowl.
3. Turn heat down to medium high, add 1 tbsp oil. Add onion, then garlic and ginger. Cook for 1 minute until onion is golden.
4. Turn heat back up to high. Add pork and cook, breaking it up as you go. Cook for 2 minutes until the pork is cooked through, then add the sauce. Add beans and stir for another 30 seconds.
5. Serve over steamed rice or Cauliflower rice.

Eat & Enjoy!

Recipe adapted from: recipetineats.com

 (562) 612-5001

Help Me Help You
 A 501(c)(3) nonprofit charity
 info@helpmehelpu.org

 www.helpmehelpu.org

The MSC 1301 W. 12th Street, Long Beach CA 90832

PO Box 32861 Long Beach, CA 90832