



# Chinese Green Beans and Turkey

## 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.



A quick, delicious, light dinner.

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3 TBL soy sauce

1 TBL rice vinegar

1 TBL fresh green beans, washed and  
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