

Beef and Sprouts

adapted from Company's Coming Cookbook

Servings: 6

Fresh vegetables add wonderful flavour, a crunchy texture and a bit of colour to this enjoyable dish. Easy and fast.

454 grams ground beef, lean, cooked

1 medium onion, chopped

1/2 cup celery, thinly sliced

2 carrots, sliced

1 cup pea pods

3/4 cup water

1 tablespoon beef bouillon

2 cups bean sprouts

4 teaspoons soy sauce

2 tablespoons water

4 teaspoons cornstarch

Spray large frying pan with olive oil and cook, onion, celery, carrots and pea pods on medium-high until vegetables are tender-crisp. Add cooked ground beef.

Add first amount of water, bouillon powder, bean sprouts and soy sauce. Stir.

Stir second amount of water into cornstarch in small cup until smooth. Stir into beef mixture. Heat and stir until boiling and slightly thickened.

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 243 Calories from Fat: 143

% Daily Values*

Total Fat 16g	24%
Saturated Fat 6g	32%
Cholesterol 57mg	19%
Sodium 316mg	13%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	9%
Protein 15g	

Vitamin A 136%

25%

Vitamin C

Calcium	3%
Iron	12%

Percent Daily values are based on a 2000 calorie diet.