

ASIAN BEEF LETTUCE CUPS



Prep time: 15 minutes



Cook time: 15 minutes



Serves 4

Ingredients

Garlic-ginger soy sauce

- 2 tsp dried garlic powder
- 1 tsp dried ginger powder
- 3 tbsp low-sodium soy sauce
- 1 tbsp brown sugar
- ½ cup water
- 1 tsp cornstarch

Stir-fry

- 1 tbsp canola oil
- 1 lb lean ground beef
- 1 medium zucchini, sliced into quarters
- 1 cup mushrooms, sliced (button or cremini)
- 2 green onions, sliced (reserve green tops for garnish)
- 1 tsp sesame seeds (optional, for garnish)

To serve

- 2 cups cooked white rice
- Crisp lettuce leaves



Instructions

1. In a small bowl, whisk together garlic powder, ginger powder, soy sauce, brown sugar, water, and cornstarch. Set the sauce aside.
2. Chop zucchini into quarters and slice mushrooms. Set aside.
3. Heat oil in a large skillet or wok over medium heat. Add the ground beef and cook until browned, breaking it into small pieces as it cooks (about 5-7 minutes).
4. Push the beef to one side of the skillet. Add zucchini and mushrooms to the other side. Cook for 3-4 minutes, stirring occasionally, until the vegetables are tender.
5. Pour the prepared sauce into the skillet and stir everything together. Simmer for 2-3 minutes, or until the sauce thickens and evenly coats the beef and vegetables.
6. Remove from heat and sprinkle with green onion tops and sesame seeds if using.
7. Serve warm with white rice or spoon the mixture into lettuce leaves for a fresh and crunchy option.



FOOD AS HEALTH *Alliance*

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These lettuce wraps are a flavorful, protein-rich recipe designed with cancer treatment and recovery in mind. Lean ground beef provides protein and iron to help maintain strength and energy, while zucchini and mushrooms add hydration, fiber, and antioxidants to support healing. A light garlic-ginger soy sauce brings everything together with bold flavor and a smooth texture. This dish offers a balanced, nourishing meal that supports both comfort and recovery; serve in lettuce leaves or over rice!

Nutrition Facts	
Portion Size	211 g
Amount Per Portion	
Calories	260
% Daily Value *	
Total Fat 13g **	17 %
Saturated Fat 3.8g **	19 %
Cholesterol 71mg **	24 %
Sodium 515mg	22 %
Total Carbohydrate 9.4g	3 %
Dietary Fiber 1.4g **	5 %
Sugar 5.2g **	
Protein 27g	54 %
Vitamin D 0.2mcg **	1 %
Calcium 55mg **	4 %
Iron 3.7mg **	21 %
Potassium 667mg **	14 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

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