



WEEKNIGHT LETTUCE WRAPS

INGREDIENTS

- 1 head of iceberg or Romaine lettuce
- 1lb ground beef
- 2 cloves garlic, minced
- 2 tsp sesame oil
- 1/4 tsp of ground ginger, or 1 tsp fresh ginger minced.
- 1/4 cup brown sugar
- 1/4 cup lite soy sauce or coconut aminos
- 1/4 tsp pepper
- Optional: add 1/4 tsp red pepper flake or 1 tsp sriracha for heat.
- For more texture add 1/2 cup of diced water chestnuts
- 1 Garlic Herb Seasoning portioned spice optional

DIRECTIONS

1. In a large skillet cook the ground beef. Season beef with *Garlic Herb spice* (to taste) OR garlic and pepper. Breaking it into crumbles over medium heat until no longer pink.
2. Add sesame oil, ginger, brown sugar, soy sauce, and add red pepper flake if desired and stir.
3. Use leaves of iceberg or Romaine lettuce to wrap beef mixture and serve. Top with Sriracha if desired.



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SHOPPING LIST

- 1 head of iceberg or Romaine lettuce
- minced garlic
- sesame oil
- ground ginger, or fresh ginger minced
- brown sugar
- lite soy sauce or coconut aminos.
- pepper
- Optional: red pepper flake, diced water chestnuts

SIDE OPTIONS

steamed rice dish
roasted vegetables
corn on the cob