

Szechuan Green Beans with Ground Turkey

Author: Adapted from a recipe in Cooking Light, 2006

Source: Katie and Leeann Chin, Cooking Light, APRIL 2006



1 pound lean ground turkey
1 teaspoon cornstarch
1/8 teaspoon salt
1/8 teaspoon white pepper, freshly ground

1 teaspoon peanut oil
2 1/2 cups green beans, fresh, cut in 1-inch pieces
2 teaspoons fresh garlic, minced
4 tablespoons hoisin sauce, at least 2 T, no more than 4 T.
1 teaspoon sugar
1/2 teaspoon crushed red pepper
4 teaspoons low-sodium soy sauce
1 whole red bell pepper, in thin slices
4 ounces waterchestnuts, canned, drained
3 cups cooked white rice

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 443 Calories; 10g Fat (20.7% calories from fat); 30g Protein; 59g Carbohydrate; 5g Dietary Fiber; 74mg Cholesterol; 616mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's
Main Cookbook

Servings: 4

Notes: Originally this Recipe was made with ground pork. By the time I received it, many adaptations had been made: using ground turkey, adding red bell pepper and water chestnuts, and altering some of the proportions of liquid ingredients. If you don't want a really sweet dish, eliminate the sugar from the ingredient list (Hoisin sauce is sweet). Be sure to use a nonstick skillet; otherwise the turkey will stick to the pan.

Description:

1. Combine turkey, cornstarch, salt and pepper in a bowl. Heat oil in a large nonstick skillet over medium/high heat. Add turkey mixture and garlic. Cook for about 3 minutes until turkey loses its pink color. Stir it somewhat to crumbly pieces. Remove turkey to a bowl and set aside.
2. Add the green beans to the same pan and cook for about 7-8 minutes, stirring frequently. Add the red bell pepper and continue cooking for about 2-3 minutes until green beans are just tender enough to eat.
3. Combine the Hoisin, sugar, crushed red pepper and soy sauce and stir with a fork. Add to hot mixture and cook for about 2 minutes. Add the turkey back into the pan and water chestnuts, and cook for another minute or two, just to heat through all ingredients.
4. Serve over hot rice.