

Stir-Fried Green Beans with Pork

Inspired by omnivorescookbook.com

Ingredients - Marinade:

- 4 ounces ground pork, turkey, or beef; cooked
- 1 tablespoon chicken broth or water
- 1 teaspoon soy sauce or tamari
- 1/2 teaspoon ground ginger

Ingredients - Stir Fry:

- 1 tablespoon vegetable oil
- 1/4 cup chopped green onion, or yellow/sweet onion
- 1/2 pound green beans

Method:

1. Combine marinade ingredients in a small bowl. Mix well and let sit for 5 minutes.
2. Heat oil in large saucepan over medium heat until warm. Add onion and cook until beginning to sizzle. Add pork. Cook and stir until starting to brown.
3. Drain green beans and add to saucepan. Stir to mix.
4. Cover skillet and turn to medium-low heat. Cook for 2 to 3 minutes.
5. Serve warm over steamed rice, noodles, or as a side dish. Enjoy!

HopelinkHarvest@hope-link.org

Stir-Fried Green Beans with Pork

Inspired by omnivorescookbook.com

Ingredients - Marinade:

- 4 ounces ground pork, turkey, or beef; cooked
- 1 tablespoon chicken broth or water
- 1 teaspoon soy sauce or tamari
- 1/2 teaspoon ground ginger

Ingredients - Stir Fry:

- 1 tablespoon vegetable oil
- 1/4 cup chopped green onion, or yellow/sweet onion
- 1/2 pound green beans

Method:

1. Combine marinade ingredients in a small bowl. Mix well and let sit for 5 minutes.
2. Heat oil in large saucepan over medium heat until warm. Add onion and cook until beginning to sizzle. Add pork. Cook and stir until starting to brown.
3. Drain green beans and add to saucepan. Stir to mix.
4. Cover skillet and turn to medium-low heat. Cook for 2 to 3 minutes.
5. Serve warm over steamed rice, noodles, or as a side dish. Enjoy!

HopelinkHarvest@hope-link.org



Growing Connections to Fresh Food

