

## Asian Lettuce Wraps

submitted by big\_dummy\_1



Per serving: 419 Calories • 21g Carbs (4.8g Fiber) • 24.3g Fat • 29.4g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

- 4 leaf outer **Lettuce** (112 grams)
- 4 oz **Ground beef** (113 grams)
- 3/4 tsp **Olive oil** (3.4 grams)
- 1/4 large **Onions** (37.5 grams)
- 1/2 clove **Garlic** (1.5 grams)
- 3/4 tsp **Soy sauce** (4.5 grams)
- 1 tbsp **Hoisin sauce** (16 grams)
- 1/2 tsp **Ginger** (0.90 grams)
- 1/4 cup slices **Waterchestnuts** (35 grams)
- 1/4 cup chopped **Onions** (17.8 grams)
- 1/2 tsp **Sesame oil** (2.3 grams)

### Directions

*Directions are based on the original recipe of 4 servings*

1. Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
2. In a medium skillet over high heat, brown the ground beef in 1 tablespoon of oil, stirring often and reducing the heat to medium, if necessary. Drain, and set aside to cool. Cook the onion in the same pan, stirring frequently. Add the garlic, soy sauce, hoisin sauce, and ginger to the onions, and stir. Stir in chopped water chestnuts, green onions, sesame oil, and cooked beef; continue cooking until the onions just begin to wilt, about 2 minutes.
3. Arrange lettuce leaves around the outer edge of a large serving platter, and pile meat mixture in the center. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito, and enjoy!