



BEEF SPRING ROLLS WITH GINGER DIPPING SAUCE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Beef (93-96% Lean)	4 Oz.	Rice Paper Wrappers	3
Shredded Cabbage	½ Cup	Cucumber Strips	¼ Cup
Shredded Carrots	¼ Cup	Fresh Cilantro or Mint Leaves (Optional)	¼ Cup
Green Onion, Thinly Sliced	1	Lettuce or Shredded Romaine	1 Cup
Clove Garlic, Minced	1	Low-sodium Soy Sauce	1 Tbsp.
Fresh Grated Ginger	½ Tsp.	Rice Vinegar	1 Tbsp.
Low-sodium Soy Sauce	1 Tsp.	Sesame Oil	½ Tsp.
Sesame Oil	½ Tsp.	Fresh Grated Ginger	½ Tsp.
Salt and Pepper, to Taste		Honey or Sweetener (Optional)	½ Tsp.

SERVING SIZE

3 FULL SPRING ROLLS WITH SAUCE

PREPARATION

- Heat a skillet over medium heat.
- Add ground beef and cook until browned, breaking it apart as it cooks.
- Add garlic and ginger and cook for 30 seconds until fragrant.
- Stir in soy sauce and sesame oil and cook until the beef is evenly coated.
- Remove from heat and allow the filling to cool slightly.
- Prepare rice paper wrappers by dipping each wrapper into warm water for 5-10 seconds until softened.
- Place lettuce, cucumber, carrots, cabbage, herbs (if using), and beef filling in the center of each wrapper.
- Fold the sides inward and roll tightly like a burrito.
- Mix dipping sauce ingredients together in a small bowl.
- Serve spring rolls with ginger soy dipping sauce.