



BEEF LETTUCE CUPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Beef (93-96% Lean)	10 Oz.	Gochujang, optional	½ Tsp.
Cloves Garlic, minced	2	Shredded Carrots	1 Cup
Fresh Grated Ginger	1 Tsp.	Finely Shredded Cabbage	1 Cup
Low-sodium Soy Sauce	2 Tbsps.	Green Onions, sliced	2
Rice Vinegar	1 Tbsp.	Large Butter Lettuce Leaves	8-10
Sesame Oil	1 Tsp.	Cucumber, cut into thin strips	½
Honey or Sweetener	1 Tsp.	Sesame Seeds, for garnish	

SERVING SIZE

4-5 LETTUCE CUPS

PREPARATION

- 👉 Whisk together soy sauce, rice vinegar, sesame oil, honey, and gochujang if using.
- 👉 Heat a large 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.
- 👉 Add the sauce and stir to coat the beef.
- 👉 Cook for 1-2 minutes until the sauce is absorbed.
- 👉 Stir in shredded carrots, cabbage, and half of the green onions. Cook for 2-3 minutes until slightly softened but still crisp.
- 👉 Spoon the beef mixture into lettuce leaves.
- 👉 Top with cucumber, remaining green onion, and sesame seeds.