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Ginger Asian Beef

Prep Time: 30 Min | Start to Finish: 30 Min | 5 Servings

- 1 lb lean (at least 80%) ground beef
- 1 box (5.6 oz) Hamburger Helper® beef pasta
- 3 2/3 cups hot water
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon ground ginger
- 1 bag (16 oz) frozen stir-fry vegetables

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Ginger Asian Beef

Directions

- 1.** In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- 2.** Stir in sauce mix and uncooked pasta (from Hamburger Helper box), water, soy sauce, honey and ginger. Heat to boiling, stirring occasionally.
- 3.** Stir in frozen vegetables; reduce heat. Cover; simmer 10 minutes, stirring occasionally. Uncover; cook until sauce is desired thickness.

Refreshing orange slices and hot or iced tea make excellent accompaniments to this easy meal.

1 Serving: Calories 310 (Calories from Fat 100); Total Fat 11g (Saturated Fat 4g, Trans Fat 0.5g); Cholesterol 55mg; Sodium 1110mg; Potassium 430mg; Total Carbohydrate 31g (Dietary Fiber 3g); Protein 21g % Daily Value: Vitamin A 15%; Vitamin C 25%; Calcium 4%; Iron 20%; Vitamin D 4% Carbohydrate Choices: 2

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