



VEGAN ORANGE BEEF BOWL

INGREDIENTS

14 oz. Plant-Based Ground
1 T vegetable oil
1 T fresh ginger, minced
3 cloves garlic, minced
¼ t red pepper flakes
1 T rice wine
2 T water
1 t sesame oil
5 t soy sauce
2 T sugar
5 T white vinegar
1 T orange zest
1 T water
1 T cornstarch
Green onion for garnish, sliced
Cooked white rice

TIME: 25 mins (Prep Time 10 mins / Cook Time 15 mins) **SERVES:** 8-10 **TYPE:** Vegan

INSTRUCTIONS

- 1 Orange sauce: combine rice wine, water, sesame oil, soy sauce, sugar, white vinegar, and orange zest. Set aside.
- 2 Cornstarch mixture: dissolve 1 T cornstarch in water, set aside.
- 3 Ground: heat oil in large frying pan. Add ground and cook for 5 minutes, breaking into crumbles as you stir.
- 4 Add ginger, garlic, and red pepper flakes. Stir to mix well. Add the orange sauce and bring to a gentle boil. Lower heat, add cornstarch mixture and cook, stirring until it thickens.
- 5 Enjoy over rice with green onion garnish. Also makes a great filling for lettuce wraps.

QUICK TIP



Broccoli or bok choy are perfect sides for this delicious dish

Before
the butcher™