



# Crispy Beef Lettuce Wraps

with Wowie Sauce

Makes 4 to 6 Servings

*This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org)*

## Ingredients

**1 lb. ground beef**

**½ cup sliced green onions**

**2 Tbsp. reduced sodium or regular soy sauce**

**Black pepper, to taste**

**8 large lettuce leaves (such as bibb, leaf or iceberg)**

**¾ cup sliced water chestnuts**

**¾ cup shredded carrots**

### **Wowie Sauce:**

**1 can (8 oz.) crushed pineapple in juice, drained**

**½ cup orange marmalade**

**2 Tbsp. reduced sodium or regular soy sauce**

## Directions

1. Wash hands with soap and water.
2. Gently rub green onions, lettuce leaves and carrots under cold running water. Slice green onions. Shred carrots.
3. Combine sauce ingredients in small bowl. Set aside.
4. Brown ground beef in large nonstick skillet over medium heat until internal temperature reaches 160 °F on food thermometer. Break beef up into small crumbles. Pour off drippings, if necessary.
5. Add green onions and soy sauce; season with pepper, as desired. Cook and stir for 1 minute.
6. Evenly spoon beef mixture onto each lettuce leaf. Top with equal amounts of water chestnuts and carrots. Spoon some sauce over top.
7. Wash hands with soap and water.
8. Wrap lettuce around filling. Serve with remaining sauce.

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