



ORANGE BEEF LETTUCE WRAP FILLING

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EACH BATCH MAKES 6 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Matchstick cut carrots	1 cup	2 cups	3 cups	4 cups
Boneless steak	1 1/2 lbs.	3 lbs	4 1/2 lbs	6 lbs
Corn starch	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Olive oil	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Crushed red pepepr flakes	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Green onions, thinly sliced	1/2 cup	1 cup	1 1/2 cups	2 cups
Canned water chesnuts, cut into matchsticks	8 ounce	16 ounces	24 ounces	32 ounces
Frozen orange juice concentrate, thawed	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup
Gluten free hoisin sauce	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup
Rice wine vinegar	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup
Low sodium gluten free soy sauce	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup
Packed brown sugar	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Corn starch	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Fresh grated ginger (or paste)	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Freshly ground black pepper	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon

Serving day you will need: 2 heads Boston lettuce leaves, separated, rinsed and dried, mung bean sprouts, chopped peanuts or cashews, diced cucumbers, shredded bok choy, etc. and/or cooked rice.

Cut steak into pieces 3" long and 1/8 inch thick. In bowl, combine sliced steak and cornstarch. Toss to coat and set aside. In another bowl combine sauce ingredients and set aside.

In a wok or large skillet, heat half of oil over medium-high heat. Add the carrots and stir-fry until just crisp-tender. Stir in water chestnuts, remove mixture from pan and set aside to cool.

Add rest of oil to pan and heat. Working in batches, stir-fry meat and crushed chili pepper flakes, until browned on all sides, being careful not to overcook. As a batch of meat is cooked, remove from pan and set aside to cool while another batch of meat is being stir-fried. A 9x13 pan works well for this.

After the last batch of meat is cooked and removed from pan, lower heat to medium and pour orange sauce mixture into pan. Whisk sauce, scraping any brown bits in pan and cook until thick and bubbly. Remove from heat and cool sauce.

Assemble bags: I set up two freezer bags with "orange beef mix," the date, and reheating instructions written on it. You will also need a pan to warm tonight's dinner. I divide the cooled carrots mix, cooked beef, green onions, and sauce by three, one part in each bag and one part in the pan. Squeeze out all the air from the bags, flatten and freeze.

To serve: Thaw and heat over medium low heat until heated through. Put a small amount of meat mixture onto a lettuce leaf and top with desired toppings. Fold over leaf and eat. Serve with rice if desired.