

GROUND BEEF AND GREEN BEANS

4 servings

A quick, low-calorie "stir-fry" that is delicious with rice or noodles. *Preparation tip:* The beef mixture (step 3) can be prepared in advance, then reheated at serving time and combined with the freshly cooked beans. If you do this, you'll need an extra teaspoon of oil to sauté the ginger and garlic.

SAUCE

- 2 teaspoons cornstarch
- 1/3 cup cooled broth
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon dry sherry
- 1 teaspoon cider vinegar

MAIN INGREDIENTS

- 1 tablespoon oil
- 1 pound green beans, trimmed and sliced diagonally into 2-inch lengths
- 2 teaspoons finely minced fresh ginger
- 2 teaspoons finely minced garlic (2 large cloves)
- 1/4 teaspoon hot red pepper flakes (optional)
- 1/2 pound lean ground beef

1. In a small bowl, combine all the sauce ingredients. Make sure the cornstarch is completely dissolved. Set the mixture aside.
2. In a wok or large skillet, heat the oil for 30 seconds over high heat, and add the green beans. Stir-fry the green beans for about 4 minutes—the beans should be tender-crisp and lightly charred in spots. Remove the green beans with a slotted spoon, and set them aside.
3. Add the ginger and garlic to the pan, cook them for 30 seconds, and then add the pepper flakes and beef, crumbling the meat with a spatula. Stir-fry the mixture just until the beef loses its pinkness. Drain off all the excess fat from the pan.
4. Stir the reserved sauce once more, and add it to the meat. Cook the mixture, stirring it, for a few minutes until the sauce thickens. Fold in the reserved green beans, heat the mixture for 1 minute, and serve.