

Ginisang Sitaw (Sauteed Green Beans)

Ready In: 30 minutes

Serves: 6

Ingredients

- » 2 tablespoons Olive Oil
- » 1 Onion *Medium, diced*
- » 3 cloves Garlic *minced*
- » $\frac{1}{2}$ pound Ground Pork
- » 4 tablespoons Soy Sauce
- » 1 pound Green Beans *cut into 3" pieces*
- » $\frac{1}{2}$ Red Bell Pepper *Medium, diced*

What you'll need

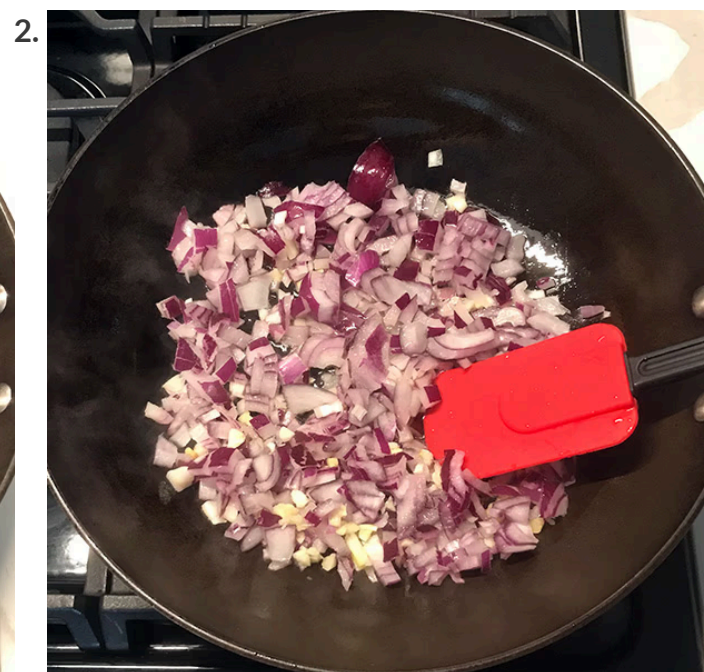
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| » Measuring spoons | » Cutting board |
| » Sharp knife | » Spatula or spoon |
| » Large skillet | » Stovetop |



Directions



Heat olive oil in pan.



Saute onion until soft.



Add ground pork and garlic. Cook until meat is browned.



Add soy sauce, string beans, and bell pepper and cook in medium heat until soft.

Chef's Tips

» You can substitute ground pork with ground chicken or turkey.

Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 6	
Amount Per Serving	
Calories 129	
% Daily Value*	
Total Fat 7 g	9%
Saturated Fat 2 g	10%
Sodium 399 mg	17%
Total Carbohydrate 11 g	4%
Dietary Fiber 3 g	11%
Protein 6 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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