



Photo by Photo Jan Smith

Szechuan Green Beans with Ground ~~Pork~~ ^{chicken}

The Szechuan Green Beans with Ground Pork recipe is characteristic of the hot and spicy cuisine from the Szechuan province. You can substitute lean ground chicken or turkey for pork and asparagus for green beans.

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Yield: 4 servings (serving size: 1 cup pork mixture and 1/2 cup rice)

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Ingredients

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| 1/2 pound lean ground pork ^{chicken} | 1 teaspoon minced fresh garlic |
| 1 teaspoon cornstarch | 2 tablespoons hoisin sauce |
| 1/8 teaspoon salt | 1 teaspoon sugar |
| 1/8 teaspoon freshly ground white pepper | 1 teaspoon crushed red pepper |
| 1 teaspoon peanut oil | 2 teaspoons low-sodium soy sauce |
| 2 1/2 cups (1-inch) cut green beans | 2 cups hot cooked white rice |

Preparation

Combine the first 4 ingredients in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add pork mixture, beans, and garlic; cook 3 minutes or until pork loses its pink color, stirring to crumble.

Combine hoisin and next 3 ingredients (through soy sauce) in a small bowl, stirring with a whisk. Add hoisin mixture to pan. Cook 2 minutes or until thoroughly heated, stirring frequently. Serve over rice.