

## Asian-Style Beef Sausage

Use Ground Beef in this Asian-Style Beef Sausage recipe as a delicious addition to your favorite Asian recipes.

### INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 2 tablespoons honey
- 2 tablespoon reduced-sodium soy sauce
- 1 teaspoon mirin (rice wine)
- 1/2 teaspoon ground ginger - Two teaspoons grated fresh ginger may be substituted for ground ginger.
- 1/4 teaspoon five spice powder
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon garlic powder - One teaspoon minced garlic may be substituted for garlic powder.



25 Min



4  
Servings



42 Cal



26g  
Protein

### COOKING

1. Combine all ingredients in large bowl, mixing lightly but thoroughly.
2. To make patties, lightly shape beef mixture into four 1/2-inch thick patties. Heat large nonstick skillet over medium heat until hot. Add patties; cook 10 to 12 minutes or until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
3. To prepare crumbles, heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

### NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		8.1g	84mg		10g	26g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com