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