

Chinese Green Beans with Ground Turkey

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/turkey-jook-recipe-chinese>

Ingredients:

- 1 cup medium grain rice uncooked
- 1 tablespoon sesame oil
- 1 bunch green onions sliced thin
- 2 cloves garlic minced or crushed
- 1 pound ground turkey
- 2 tablespoons chili garlic sauce
- 2 tablespoons hoisin sauce
- 1 teaspoon ginger crushed
- 1 pound green beans washed and trimmed, or Chinese long beans if available
- 1 tablespoon soy sauce
- 1 tablespoon seasoned rice vinegar

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 90 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 590 milligrams
9. Sugar: 7 grams

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