



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Korean Beef and Pear Pita

24 Servings

Ingredients

6 pounds beef, such as sirloin, thinly sliced crosswise
1 cup low sodium soy sauce
1/2 cup sesame oil, divided
2 tablespoons molasses
1 tablespoon grated or finely chopped fresh ginger
2 teaspoons freshly ground black pepper
2 cups sour cream
2 tablespoons Sriracha
24 pita pockets, cut in half
6 cups Pacific Northwest Canned Pears, diced, in juice, drained
1 bunch cilantro, roughly chopped
Fresh avocado for serving, optional

Method

Put the beef in a large bowl with soy sauce, 1/4 cup sesame oil, molasses, ginger, and black pepper. Toss well, cover the bowl, and marinate in the refrigerator at least 1 hour.

Combine sour cream and Sriracha in a bowl, cover and refrigerate until ready to serve.

Per order, heat about 1/2 teaspoon sesame oil in a skillet over medium-high heat. When hot, add 4 ounces marinated beef and sauté until the edges are browned, about 4 minutes.

Fill pitas with cooked beef, 1/4 cup diced pears and a sprinkle of cilantro. Top with avocado, if desired, and drizzle 1 mounded tablespoon Sriracha sour cream mixture over filling.

Servings

Makes 24 servings (2 pita halves per serving)

Nutrition

<i>Calories</i>	436
<i>Fat</i>	25g
<i>Saturated Fat</i>	9g
<i>Cholesterol</i>	100mg
<i>Sodium</i>	646mg
<i>Carbohydrates</i>	24g
<i>Fiber</i>	2g
<i>Sugar</i>	6g
<i>Protein</i>	26g
<i>Calcium</i>	80mg
<i>Iron</i>	3mg
<i>Potassium</i>	502mg

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