

Korean Beef and Pear Pita

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

- 1-1/2 pounds beef, such as sirloin, thinly sliced cross-wise
- 1/4 cup low sodium soy sauce
- 2 tablespoons sesame oil, divided
- 1-1/2 teaspoons molasses
- 3/4 teaspoon grated or finely chopped fresh ginger
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup sour cream
- 2 teaspoons Sriracha
- 6 pita pockets, cut in half
- 1 (15-ounce) can Pacific Northwest Canned Pears, diced, in juice, drained
- 1/2 cup cilantro leaves, roughly chopped
- Fresh avocado for serving, optional

Method

Put the beef in a large bowl with the soy sauce, 4 teaspoons 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 small bowl, cover and refrigerate until ready to serve.

After an hour, remove the beef from the refrigerator. Heat the remaining 2 teaspoons sesame oil in a large wide skillet over medium-high heat. When the oil is hot, add the marinated meat and cook, stirring frequently, until some of the edges are lightly browned, 3 to 4 minutes, or until the meat is cooked to your liking.

To serve, divide the beef and diced pears among the pitas and top with a sprinkle of cilantro. Add avocado, if desired. Drizzle 1 mounded tablespoon Sriracha sour cream mixture over filling.

Servings

Makes 6 servings (2 pita halves per serving)

Nutrition

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

Recipe by Teresa McAdams
Westran Middle School, Clifton Hill, MO
eatcannedpears.com