

Pear Glaze Beef Yakisoba Recipes



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Ingredients

1 batch Pear Glaze (Yakisoba Sauce), recipe follows
1 batch Soy Glazed Pears, recipe follows
1 batch Beef Fajita Meat, recipe follows
1 16-ounce bag coleslaw mix with carrots
1 pound spaghetti noodles, cooked to very al dente
⅓ cup sliced green onion

Pear Glaze (Yakisoba Sauce)

2 (15-ounce) cans Pacific Northwest Canned Pears, diced, in extra light syrup, drained, juice reserved for glaze
2 tablespoons cornstarch
Water, as needed
¼ cup soy sauce
1 teaspoon granulated garlic
1-½ tablespoons brown sugar
½ teaspoon black pepper
½ teaspoon granulated onion
¼ to ½ teaspoon red pepper flakes

Soy Garlic Pears

2 (15-ounce) cans Pacific Northwest Canned Pears, diced, in extra light syrup, drained
1-½ tablespoons soy sauce
1 teaspoon granulated garlic
1-½ tablespoons brown sugar

Beef Fajita Meat

1-½ pounds flank steak
1 fajita seasoning packet (3 tablespoons)
1 tablespoon vegetable oil
1 small yellow onion, thinly sliced
1 red bell peppers, thinly sliced
1 green bell peppers, thinly sliced
2 tablespoons granulated garlic
2 tablespoons granulated onion
2 teaspoons black pepper

Servings

Yield: 8 servings (1-½ cups)

Nutrition

Calories: 488
Total Fat: 10g
Saturated Fat: 3g
Cholesterol: 58mg
Sodium: 946mg
Carbohydrate: 69g
Fiber: 7g
Sugar: 9g
Protein: 29g
Calcium: 88mg
Iron: 4mg

Method

Pear Glaze (Yakisoba Sauce)

Combine cornstarch and enough water to make a slurry; set aside. Over medium heat, add reserved juice and remaining ingredients in a small sauce pan, and bring to a boil. Immediately turn heat to low and slowly stir in reserved cornstarch slurry, until sauce thickens, about 30 seconds. Set aside.

Soy Glazed Pears

Over medium heat, combine well-drained pears with remaining ingredients in a sauté pan and cook, stirring often, for 5 minutes or until pears are golden brown around the edges. Set aside.

Beef Fajita Meat

Over medium-high heat, using a large skillet or wok, sauté beef fajita meat until browned and just cooked through, 3 to 4 minutes. Remove beef from skillet, and set aside. In the same pan, slowly add onion, red, and green bell pepper to the skillet; sauté for about 8 minutes. Return beef to skillet and stir in fajita seasoning packet, granulated garlic, onion powder, black pepper, and half of the sliced green onion. Stir in coleslaw mix and sauté for 3 minutes.

Assemble

Slowly pour Pear Glaze (Yakisoba Sauce) over cooked spaghetti noodles, tossing to coat. Add noodles and Soy Garlic Pears to cooked fajita meat and mix until well combined.

Divide evenly among 8 bowls or plates, and garnish with sliced green onion.

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Honorable Mention 2024 CAN DO Challenge

eatcannedpears.com