

Pear Glaze Beef Yakisoba Recipes



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

Ingredients

1-½ 16-ounce bags coleslaw mix with carrots
1-½ pounds spaghetti noodles, cooked to very al dente
½ cup sliced green onion

Pear Glaze (Yakisoba Sauce)

½ of 1 #10 can Pacific Northwest Canned Pears, diced, in extra light syrup, drained, juice reserved for glaze
3 tablespoons cornstarch
Water, as needed
⅓ cup soy sauce
1-½ teaspoons granulated garlic
2 tablespoons brown sugar
¾ teaspoon black pepper
¾ teaspoon granulated onion
¾ teaspoon red pepper flakes

Soy Garlic Pears

½ of 1 #10 can Pacific Northwest Canned Pears, diced, in extra light syrup, drained
2 tablespoons soy sauce
1-½ teaspoons granulated garlic
2 tablespoons brown sugar

Beef Fajita Meat

2-¼ pounds flank steak
1-½ fajita seasoning packets (4-½ tablespoons)
1-½ tablespoon vegetable oil
1 medium yellow onion, thinly sliced
1 large red bell pepper, thinly sliced
1 large green bell pepper, thinly sliced
3 tablespoons granulated garlic
3 tablespoons granulated onion
3 teaspoons black pepper

Servings

Yield: 12 servings (1-½ cups)

Nutrition

Calories: 509
Total Fat: 10g
Saturated Fat: 3g
Cholesterol: 58mg
Sodium: 752mg
Carbohydrate: 74g
Fiber: 7g
Sugar: 9g
Protein: 29g
Calcium: 96mg
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. 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. Slowly add onion, red and green bell peppers to the skillet; sauté for about 8 minutes. Season mixture with granulated garlic, onion powder, black pepper, and half of the sliced green onion. Stir in coleslaw mix and sauté for 5 minutes.

Assemble

Add cooked noodles and Soy Garlic Pears to cooked fajita meat and mix until well combined. Slowly pour Pear Glaze over mixture, slightly tossing to coat all of the pasta.

For Service

Transfer to a 2-inch full size food pan, and garnish with sliced green onion.

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Honorable Mention 2024 CAN DO Challenge

eatcannedpears.com